

Wayne Green's

*Secret Guide
To
Health*

**It's Simple • It's Obvious
It's Plain Common Sense**

**This is one of the least expensive and
most valuable books you'll ever buy...
if you do what it says.**

Wayne Green's . . .

Secret Guide To Health

It's simple • It's obvious • It's plain common sense

It's also been kept a huge secret
Which could bankrupt the medical industry,
nursing homes and Social Security.

Not to mention what it would do to the sugar,
big food, fast food as we know it, milk, Medicare,
HMO, litigation lawyers, pharmaceutical industry,
farm conglomerates, meat packers, fertilizer
and pesticide makers.

Instead, we'll see a whole new bunch of
billion dollar industries replacing the above.

And we'll eventually see a world free of
cancer, heart disease, stroke, diabetes, flu,
arthritis, colds, AIDS, malaria, Alzheimer's,
Parkinson's, multiple sclerosis, and so on.

*This is one of the least expensive and most valuable
books you'll ever buy — if you do what it says*

“There are no incurable diseases.”

.....Dr. Lorraine Day

When Dr. Richard Eby, a well-known medical leader went to the AMA and asked why they hadn't done any research on primitive societies where the people have no cancer, he was told by the AMA's chief counsel that the purpose of the AMA, if he'd read the by-laws, was to protect the income of its members. And since their biggest income was from cancer patients, if ever a cure for cancer was found this could eliminate their main income. So, the AMA would make sure that no cancer cure was found or allowed to be recognized in America. Period.

Are you willing to change your thoroughly ingrained destructive habits in exchange for perfect health, plus adding many healthy years to your life! Or would you prefer to be an Alzheimer's veggie tied to a chair in a nursing home? Or have cancer, stroke or a heart attack? It's totally *your* choice.

Copyright 2003 by Wayne Green. All rights reserved.

Contents

5. Preface
6. Introduction
9. Do you really want to change?
12. The Secret to Health – The three basics
13. The catch – major habit changes needed
14. My agenda – what is good health worth?
15. The original design – the original fuels.
16. So who the hell is Wayne Green?
18. Health – Dr. Comby's amazing discovery
21. Our sick food supply
22. So let's get started – why doctors know so little about health
25. The medical industry – it's totally corrupt
27. Ulcers – another AMA cover up
28. The AMA at work for you – oh yeah?
28. Sepsis – shades of Semmelweis
29. Death sentence or wakeup call?
32. Raw food? – you'll love it!
33. I beg to differ – we're all different
34. AIDS, HIV and other baloney
36. Silver colloid – an inexpensive antibiotic
38. AIDS schmaids – the straight dope
39. A waist is a terrible thing to mind – your mouth makes you fat, not your genes
40. Fat – none of the diets really work
42. A no will power approach to dieting?
46. Another reason we're fat – blame Edison
48. Epileptic fits – a buried inexpensive cure
49. Shocking – zapping illness!
51. The AMA sucks! – they are not your friend
53. Slow poison – stop poisoning yourself
55. In the beginning – how our bodies developed – how we've gone so wrong
57. Good reading – do your own homework
58. The cabal – the AMA-FDA-NCI-WHO
59. Real research needed – for alternatives
60. Avoiding poisons – step one for health
61. Other poisons – And there are a bunch
61. NutraSweet – that deadly blue stuff
62. Sugar & white flour – the very worst
63. Prescription reactions – none beneficial
63. Nicotine – a terribly addictive drug
64. Alcohol – another destroyer
65. Coffee – it's an addictive poison
65. The EMF dangers – lied to big time.
67. National Cancer Institute disinformation
68. Wayne's wrong! – don't bet on it
70. Cell phones – zapping your brain cells
70. Allergies – wow, can they do a job on you
72. Mercury & root canals – more misery
73. Root canals – can make you very sick
74. Death by government – fluoridation
76. Fluoridation II – a huge scam
78. Fluorides III – lowers IQ, makes us docile
79. Chlorine – a super bummer healthwise
80. Quack shots – the immunization scam
83. Autism & vaccinations – acceptable losses
86. Vaccinations II – Coulter's book
86. Vaccine dangers – avoid 'em!
87. Brain damage – aluminum in shots
87. Meat – hormones and antibiotics to go
89. Aluminum – in cookware and deodorants
92. Sunscreen warning – it can blind you!
92. What to eat – not what you've been eating
93. Vegetizing – your body needs veggies
94. Supplements – yep, you need 'em
97. Gloom & doom – those missing minerals
98. Selenium – a critically important mineral
100. Distilled water – drink plenty, or else!
101. Exercise – yes, you've got to walk, daily
102. DEET can kill! – you've been warned
103. Is your home making you sick? – probably
108. Skin cancer and the Sun – no problem
109. Stress – a major major killer
113. The laughing cure – Norman Cousins
113. Music lessons – raise children's IQs
114. Wellness, a state of mind – think right
116. Chelation – clean out those toxins
116. Mass murder – the AMA's bloody secret
119. Fast food – why it takes me longer to eat
120. A leukemia cure – by Dr. Bieler
121. Emergency repairs – hyperventilating
121. Oxygen – more is definitely better
123. Magnetic healing? – you bet!
125. Nostrums – by the gross, but do *any* work?
127. The Withering Sperm Count – Hmm
128. Milk – the deadly poison!
129. Drugging toddlers – lowering IQs too
130. Coué – his approach really worked
131. Set a price – how much is a day worth?
131. Tomorrow – Putting off change until you run out of tomorrows
132. I haven't got time – no time to read?

133. Beware the NSA – lab burned down
135. Burying their mistakes – happens often
135. Mad Cow madness – D\don't believe 'em
136. Those pesky root canals – a cure
137. Heart attacks – an immune system problem, not cholesterol or hypertension
138. Dr. Henry Bieler – food is best medicine
140. Raw me-eat? – try it, you'll love it
141. Eggs – cholesterol foofarah
141. Baby formula – lowers baby's IQs a lot
144. Oink – pig skin implants work great
144. Peanut butter – sure makes you fat
145. Straight poop – keeping your colon working
146. To retard spoilage – don't eat it!
146. Birth defects – avoid all toxins
147. Cancer cured – bioelectrifier user report
148. Violent kids – why, and a simple fix
149. Instant surgery – 300% fatality!
149. Coke™ – it's many uses
151. Write! – I want to hear from you.
152. Instant guru – using this book
154. Happiness – self education sure helps
155. Never Say Die – perseverance über alles
157. Wealth – yes, there's a secret
160. Major media – Reader's Digest & Time
161. I need your help – push Art Bell for me
161. Just musing
163. Bibliography
163. Sources - addresses of book sources
- 164-179 **Health oriented book reviews**
- 180-223 **Health Oriented Essay Reprints**
180. Living death - nursing homes
180. Mercury fillings - a toxic time bomb
181. Ozone - instead of chlorine for water
181. Prostate - diet vs. conventional medicine
181. Cramps - you need potassium
182. Ozone - to counter deadly outgassing
182. Big dirty secret - blood purifier cover-up
184. The other cure for AIDS
184. Exposing the AIDS cures cover-up
185. Light cured arthritis
185. Water cuts cancer dangers
186. Another cancer cure cover-up by AMA
186. Silver colloid cures sinus attack
186. Wait'll you see the Zolof side effects
187. More fluoride bad news
187. Try Toprol for instant Alzheimer's
187. How microbes communicate
188. Flu shots = 10X Alzheimer's
188. California fluoride law
188. Exercise helps memory and body
189. Low fat baloney
189. Raw liver is delicious
189. Onion cure for bee stings
189. Aspirin can cause heart failure
190. Stun gun cure for snake bites
190. FDA/AMA killing millions in Africa
190. More AMA cancer cure cover-ups
191. The truth about smallpox dangers
192. More sugar bad news, particularly for kids
192. By-pass surgery causes brain damage
192. America after the Wellness Revolution
193. Sugar causes skin aging
193. Plastic food wrap poisonous
194. Airline Coach Class Syndrome deadly
194. Schools pressuring Ritalin use
195. Frankenfoods & poor brain development
195. Another French fry danger exposed
196. Can silver colloid turn you blue?
197. Drug companies spend \$19B on docs
197. AMA vs. Semmelweis - patients lose
198. A litany of coffee problems
198. Diet found to cause Alzheimer's
199. Prozac side effects, a long, long list
199. Puberty age dropping fast
200. Are those Rife machines bunk? Yep.
201. Amalgam = MS, birth defects, etc.
201. *Business Week* baloney about cancer
202. Drug cos. immune to vaccination suits
202. Silver canteens purified WWI water
202. Another FDA drug recalled after deaths
203. Government busy poisoning children
203. Learn to actually chew your food
204. Smallpox vaccine very dangerous
204. Mutant staph now in hospitals
205. 65% Americans are overweight
205. Weak immune is causing Parkinson's
205. Germs escaping hospitals on clothes
206. Medical schools don't teach health
206. Pottenger's cats — wow!
207. Cellphone users getting brain tumors
207. West Nile hype
208. A poison in Cheerios? Tortilla chips?
208. Second hand smoke gory details
208. How come Okinawans are living longer?
208. CIA the major drug importer?
209. Organ transplant nonsense
209. How to get to sleep easily
210. More on dropping sperm counts
210. The stuff that's in your tap water
211. Properly prescribed drugs kill 100,000/yr
211. Silver colloid cures jungle rot
211. Synthetic vitamin D of little benefit
212. The HGH scam
212. Even more water information
213. Melanomas are diet caused, not the Sun
213. Cooked food addiction?
214. Another cancer treatment indictment
214. The FDA drug tests are a joke
215. Vaccination-autism link proven
215. Negative people live shorter lives
215. Bread, the shaft of life

— Preface —

Welcome to the Wellness Revolution!

With the information in this book you'll have the power to help anyone cure virtually any illness they have—even in the last stages of cancer or AIDS. I've done the research and cite my references so you can confirm for yourself everything I've uncovered. You are going to be very frustrated and angry.

You'll find that people's belief in doctors, our American food system, our water supply, protection by our government, and so on, are so thoroughly ingrained that, even when facing death, they won't let you disturb these beliefs. Many will refuse to listen or read.

My advice: help those whose fate is not sealed by their beliefs, and then move on to help others. With less than 1.5% of Americans truly healthy you have your work cut out for you. There is no shortage of people who need your help, just of people who will accept it.

If you can reach a half dozen people, and they, in turn, can do the same, soon we'll have reached the entire world. Why think small?

Entrepreneurs will quickly figure out ways to turn the Wellness Revolution into good business opportunities. The supermarkets and restaurants of the future will be radically different from ours today.

How come you've heard nothing of this secret from the media? It's the money, of course. Reader's Digest, with 28 pages of drug ads, isn't about to publish anything to upset this bonanza. And you've seen the endless Nexium and Zoloft ads in TV. Without drug ads the networks would be in serious trouble, so they aren't about to rock the boat. Billions of advertising dollars are buying silence...and costing you years of your life.

.....Wayne

216. Nutrition proven to prevent Alzheimer's
217. Women smokers and birth defects
217. Laughing is very healthy
217. Bras show to cause breast cancer
218. Smoking causes DNA damage for future
218. FDA, aspartame, etc. A national shame
219. Smoking and intellectual impairment
219. Purifying water with your freezer
220. More coffee bad news
220. More dental amalgam bad news
221. Fluorides and children's IQ loss

221. Memory loss from by-pass operations
221. Organic dairy farming - read *Acres USA*
222. How to reduce stress
223. Sperm banks reject 85% of donations
223. Your brain: use it or lose it
224. You can help—yourself and your friends
224. Revolutions
225. www.waynengreen.com Web site
226. Wayne's Be An Angel pamphlets
229. Postscript - Enzymes and allergies
230. Index

Introduction

And, what **is** the secret of health that's so well guarded by the AMA, FDA, NIH, WHO, and on down the line? It's that putting stuff in your body that your immune system treats as toxic will make you sick. Stopping the poisons will allow your immune system to repair the damage you've done. The devil, of course, is in the details. Read on.

Did you ever see the Mel Brooks film, *Blazing Saddles*? I've laughed myself silly every time I've watched it. Anyway, in one part they built a fake western town—made of false building fronts. Or maybe you've gone on one of the film studio tours where you've walked down a street of houses or businesses, all just fronts for the cameras? A façade is “a false front designed to convey a favorable impression of the whole,” according to my dictionary.

Well, we've been snookered with this same trick by the AMA, in cahoots with the FDA, the NIH, the pharmaceutical industry, etc.

Let's suppose that you are the chairman of the National Cancer Society, okay? You're drawing down \$10 million or so a year, you have a staff of over 10,000, and a campus of buildings, all devoted to “finding a cure for cancer.” What, then, would you do if a doctor from a small town came in and said he had proof that he had discovered a simple, inexpensive, no-drug cure for cancer? Would you do everything you could to discredit him? Or just have him killed? I'm serious.

Most of the major illnesses have similar support groups—spending billions of your tax dollars, plus millions more in donations from well-meaning suckers and organizations, to try and “find” cures for their illnesses—arthritis, Alzheimer's, Parkinson's, diabetes, etc.

I'm sorry to have to report that simple, drug-less cures have been found for all of these illnesses, and kept secret. And since you've been living with this façade all your life, totally believing in doctors, I don't expect you to believe me. In fact, I ask you to try your best *not* to believe what I've discovered. Not believe, that is, unless what I say makes good common sense (whatever *that* is), and I reference the reliable information I've discovered.

With thousands of books on health, plus I'm sure no one knows how many health newsletters, and endless companies selling "health" and "anti-aging" products, why should you believe what *I'm* saying—particularly since it's going to be at odds with most everything else you've read or heard? And who the heck is this guy Wayne Green, who isn't even an MD, who says he's found the Fountain of Youth which will turn you loose to heal virtually any illness you, your family and friends are suffering, keep you from ever getting sick again, and double the years of healthy living to anyone's life? Is this another crock, like it sounds, or am I actually on to something?

If you subscribe to many of the doctor newsletters you probably feel the same way about them as I do when I get an envelope with their latest newsletter and, in addition, out flutter ads for me to buy the very health products they're promoting in their newsletter. Well, *I'm* not selling any products. No Micro-Oxygenium. No Vitamin-P. No nostrums. No multi-level marketing opportunities to make millions. All I'm selling is this book and the hope that once you've seen what it's able to do for you that you'll buy a bunch for your family and friends so they, too, will never again have to worry about having a heart attack, stroke, cancer, osteoporosis, arthritis, Alzheimer's, Parkinson's, imprisonment in a nursing home, diabetes, macular degeneration, by-pass surgery, and so on.

With the information in this book you will have the power to heal almost any illness for anyone. You will also, unfortunately, then begin to share the frustration I face when you try to convince your family and friends to change their lifestyles so they can regain their health. Gradual declines in health are ignored as long as possible—it generally takes something like a stroke, a heart attack, or a diagnosis of cancer, to get finally people's attention. Of course, the first warning of a heart attack for 60% of us is death. That's how my cousin went.

I gave my cousin, ten years my junior, a copy of this book. But he felt fine. He was in "excellent health," so he didn't see why he should change his lifestyle. Six months later he keeled over at the breakfast table. As Dr. Lorraine Day points out, the first symptom of a heart attack over half the time is death. It's the old boiled frog syndrome, with us happily enjoying the warm water. Until pfffft!

Like everyone else, I've abused my body outrageously all my

life—just not quite as much as most other people—so I’m in pretty good shape for my age (81). I didn’t knowingly abuse my body, I just went along with what I learned from my parents and my schools, the same things almost everyone learns and believes. My parents and grandparents were pretty sharp, but they didn’t know any better either. My father died of emphysema—from smoking Camels. One grandfather died of pneumonia—caused by cigar smoking ruining his lungs. One grandmother died from multiple sclerosis—probably from mercury poisoning (dental amalgam). My mother died from Alzheimer’s—more about that later, but aluminum from deodorants and cookware, plus mercury from flu shots, I’m sure contributed heavily. My other grandmother died of a stroke—which was totally the result of her diet.

Fortunately, our body’s immune system has an incredible ability to repair the damage we do to ourselves, either knowingly (like alcohol and smoking) or innocently, through believing what our family, our schools, our government, the food giants, and our media have been drumming into us. Brainwashing is not an exaggeration. Those thousands of advertising messages we see every day *do* have an impact.

Now that I’ve figured out how I’ve been scammed, conned, lied to, etc., all my life, I’m busy repairing the 70-plus years of damage I’ve done to my body. I hope what I’ll be explaining will be so obvious and make so much common sense, that I won’t have to try get you to pay attention because I have such sterling credentials. Forget about the messenger and pay attention to the message. See if it doesn’t make sense.

Further, if you are a skeptical person, I’ll cite the experts I’ve found and bring you the details of their exposé of how we all have been conned by the medical industry, big business, the insurance companies and that cesspool of thoroughly bribed professional politicians in Washington you have been unable to keep yourself from blindly re-electing...term after term after term. I’d love to see a national Never Re-elect Anyone (NRA) movement to flush that Washington toilet...and all state capitols, too.

Big business, by the way, includes the farming cooperatives, chemical companies, the food giants, the sugar and milk industries, and everyone they’ve been able to bribe via their lobbies in Washington

and all 50 of the state capitals.

I hope you'll find the results of my health adventure exciting and rewarding.

My message is simple: please, please, stop making yourself sick! Do it by reading this *Secret Guide* to a healthier, happier, longer life. Please STOP poisoning yourself!

Do You Really Want To Change?

Have you any problems with diabetes, allergies, backache, fatigue, depression, fat, arthritis, cholesterol? Or any other chronic problems? How about your kids with attention deficit disorder, or hyperactivity? A recent US Health Service study reported that fewer than 1.5% of Americans are clinically healthy. How's that for a condemnation of our American so-called health-care system? And ditto our lifestyles, which are what's causing our miseries?

The secret to good, solid, robust health is truly a secret. I've read hundreds of books on health and subscribed to endless health newsletters and only a pathetically few of them have revealed what basically is the ridiculously simple secret to health. I found that most of the health books are pushing one nostrum or another: DHEA, melatonin and on through a long list of wonder drugs and "food supplements."

When we get sick our first reaction isn't to try and figure out what's made us sick, it's to go to the doctor. Sickness = doctor. We've been trained from birth on that one. Will I be able to break this deeply embedded conditioned response and get you to ask, "What have I done to make myself sick?" rather than, "What can a doctor do to stop the pain my lifestyle is causing?" I doubt it, but I'm going to give it my best try.

Alas, don't ask doctors about health. Few (very, very few) know anything about health. In the medical schools, which are controlled by the pharmaceutical industry, they are taught how to treat the symptoms caused by illnesses, not how to prevent the illnesses which caused the symptoms. Dr. Wallach, in his famous tape *Dead Doctors Don't Lie*, says that doctors live an average of 58 years as compared to 75 for the rest of us. That's the usual Wallach exaggeration, but even the AMA admits that doctors die sooner than the rest of us.

So they're not exactly role models for good health. Good grief, some still smoke! And many are (ugh) fat.

So how is it that Wayne Green, who is not an MD, has been able to discover the magical secret for a longer, healthier life? That's easy, I did it through one hell of a lot of research. I've read a ton of books and talked with an awful lot of experts. Read on, and I'll cite some of the books I've found to be the most reliable so you can do your own homework and confirm for yourself what I've discovered. I don't ask you to take anything I write as Gospel, but I do ask, if something doesn't seem eminently reasonable to you, that you do your homework before you argue with me. That's only fair.

I've found that in health books, as in every other kind of book published, only a tiny percentage are really worth reading. The problem is to find the hidden gems among all the garbage. Heck, it's the same with music. Even classical music. As the publisher of the country's leading music magazine I found that somewhere around 99.9% of all new classical music being composed wasn't worth listening to once, much less repeatedly—and I've listened to thousands of new classical CD releases. It's the same for art and books. And movies, TV programs, and so on. We are up to here in garbage. And we're paying good money for this junk!

This is an instruction book, not a novel. I hope to get you off your ...er...couch, with your damned TV turned off and what shreds of self motivation that have not been totally destroyed by our lousy public school system into high gear. I'm talking about a major makeover. I'm talking about your being healthy (and svelt), wealthy and wise. The bottom line on wisdom is that most of the stuff you think you "learned" in school you've forgotten, and most of the things you believe in are helping to keep you fat, dumb and unhappy. The odds sure are with me on fat.

Well, "dumb" *is* insulting, so maybe I should just explain that, like everyone else, you've been brainwashed into believing a bunch of baloney that even a lot of people with very high IQs have also bought into. As a founder and the first secretary of American Mensa, the high IQ society, I've met thousands of brainy, bewildered, ignorant, sick, losers. I've not found *any* correlation between brains and success. Or brains and health, for that matter.

First I want to reorganize your life so you'll be healthy; then we can work on making you however wealthy you want to be. Yes, that's really doable—and I don't care how old or young you are. My final challenge will be to impart wisdom. Yes, I can even simplify that. Well, I can show you a secret shortcut, but as with health and wealth, once I've explained the secret, then it's all up to you. I can't come over and whack you with a stick every time you drop the ball. If rebuilding your whole life isn't enough of a goal to motivate you, we're going to need some psychotherapy to find out what's constipating your ambition. Yep, I've been a psychotherapist too. I've got a certificate out in the barn somewhere testifying to my impeccable credentials. My three Ph.D. certificates are out there too. But screw my credentials, if what I write doesn't make sense and get you off your duff, then all the credentials in the world are meaningless. What I write has to make good sense and have you saying, "Hell yes, of course!" My challenge is to get you inspired enough over what your life can be so you'll develop the determination and perseverance it takes to actually make it happen. No, it isn't going to be easy—I'm talking about your changing some life-long bad habits. I'm talking about a whole new lifestyle. A new *you*! It's going to be a bitch and put you out of step with the whole world!

You don't get wisdom by memorizing a bunch of stuff, you achieve wisdom by understanding things. Concepts, not data, are the key. Very little of what you memorized in school in order to pass tests has stayed with you—a concept which is not taught in ed schools and which, as far as I've ever seen, teachers do not even vaguely understand. Many actually *believe* they're teaching! I'm able to look back on four years of high school and four years of college with virtually zero recall of all the stuff I passed tests on. What I remember most were the anguishing all-nighters I spent memorizing that crap. The up side of all those years of grinding, miserable work is that almost nothing I was "taught" in school has ever been of any value in any of the different jobs and careers I've had. I've had a bunch.

How long would it take you to be able to pass all of your high school final exams again? Or college? Point made?

When I get through with you, you'll be able to talk intelligently about the mysteries of the pyramids, argue knowledgeably about the

beginnings of mankind, and the battles of Alexander The Great. You'll be comfortable talking with *anyone*. I am, whether it's a king (yes, I've known one personally), a billionaire (I know several of 'em on a first name basis), world-class scientists (I know plenty of those), university presidents (I know a bunch), or garbage men (I know some of them, too—and we have some very interesting conversations).

If you follow the directions on making money in my *Secret Guide to Wealth* you'll also be out there taking pictures of the Taj Mahal, climbing the Great Wall of China, visiting the lost city of Petra in Jordan, the salt mines of Krakow, the gold mines of Johannesburg, and the Shwe Dagon temple in Rangoon, just as I have.

You've got a choice. You can either continue your life as you have been living it, which means that the odds are that you are going to have a heart attack, with expensive by-pass surgery and death, a stroke, cancer, Alzheimer's, or Parkinson's. It means you'll be lucky to live to 75 and by that time you'll probably be doddering around or tied to a chair in a nursing home with all the other people who've lived a coffee and Danish, Big Mac and fries lifestyle. It also means that you're never going to have a lot of money and be able to travel anywhere you want. No visit to Xian to see the 2000-year old terra cotta army, or Katmandu, Damascus, or Nairobi's game park.

OR—you can read what I've got to say, check on the references I cite to back me up, then opt for a longer, much healthier life, and make all the money you want and have a ball doing it. I'll tell you just what you need to do to change your whole life, but it's up to you to make the decision to follow through. Are you game? Are you ready to change?

Well, dammit, say something! At least grunt.

The Secret to Health

We don't get sick by accident. It isn't bad luck, God or even Satan or demons doing it to us, it is *us* who are doing it to us. Every bit of it. We do some very destructive things to our bodies because they feel good.

There are three major components to achieving and maintaining good health. You don't even have to take me on trust because, as I

explain them, you'll see that they are all logical and totally self-evident. The problem is that these all act slowly so, though we know they're bad, we ignore them.

#1. Stop poisoning your body.

#2. Give your body the nutrients it was designed over millions of years to use.

#3. Keep stress to a minimum.

Is there anything there that doesn't make good common sense? The devil, as I said, is in the details.

The Catch

Nothing comes without a price, and the price for health may be more than you are willing to pay. I'm not talking about money, I'm talking (well, writing) about your changing your habits. Bad habits. The bad habits of a lifetime. Thoroughly ingrained, terribly destructive habits you learned from your parents, teachers, the media and other kids.

Worse, the lifestyles of everyone around you reinforce these destructive habits. The media and billions of dollars in advertising are pushing you to continue these habits. A good segment of corporate America (and the international cartels) are hard at work reinforcing these destructive habits. Even our trusted and beloved (har-de-har) government is doing its best to see that you live a life of sickness and poverty. I sure wish I was exaggerating. You have to almost admire the dedication of this cabal—though it's not so much from maliciousness or an intent to keep you sick and dumb, as ignorance and greed.

Well, it's making them rich and killing you way before what could be your time. At least thirty to sixty years before.

The odds are that you have been sucked in so thoroughly that you are completely unaware of what it's doing to you. You've been brainwashed from year zero, and so have your family and friends.

The big question is: once I open your eyes, have you the guts to change? My experience is that very few people have—that most people would rather suffer years of sickness and die horribly painful deaths than change. They smoke cigarettes, knowing full well that

this very expensive habit is going to take years off their lives, and that the last few years are in all probability going to be a living hell as a result. They know that heart trouble, cancer and emphysema are going to be their reward for supporting the cigarette companies, their ad agencies, the insurance companies which are able to charge bigger premiums, and the distributors, grocery stores and vending machine companies selling their products. Golly, I almost forgot the bribes to Congress! Getting addicted to cigarettes is an act of monumental stupidity. Cigars, chewing tobacco and snuff, ditto.

It used to be that ignorance was an excuse, but that doesn't cut it any more. No, it's not ignorance any longer, it's unbelievable stupidity.

It doesn't help that most of the food in our supermarkets and advertised on TV is part of what is making us sick and eventually killing us many years sooner than if we ate a better diet.

Can you stop poisoning your body? Will you give your body the nutrients it's been designed over millions of years to use? I've managed to change my bad habits, so maybe you can too.

My Agenda

What is a fair price for adding 30 or so years of healthy, happy living to your life? For turning you into a healing guru, able to help any family member or friend to recover from any illness? Even from cancer! What you paid for this book isn't the real price, that's just the first installment. The price I'm asking is steep, but fair. (1) I expect you to teach others the secret so they, too, can lead more healthy, prosperous and productive lives; (2) then I expect you to help change your town, your state, and our country so it will be a better place in which to live, and for our children. Change how? Well, for starters, far better schools and colleges so America can have a much better educated workforce and be more competitive. A smaller, more efficient and less intrusive government (hence far lower taxes). You'll like my proposals for making America an even better place to live.

One person can be ignored. A thousand people are much more difficult to ignore. A million people can't be ignored! One person can change a town. A few hundred people can change a state. A million people can change a country, and that can then change the world.

Why think small?

My message is not a small one. By the time you get through reading this book I think you'll agree that I have the secret for curing just about any illness you or someone in your family may have. I hope I can get you to read more of my books so you'll see that I also have a fairly simple cure for poverty and I have practical answers for our major social problems and the endless problems we have allowed our government to create.

Most people tend to think in terms of problems. For some weird reason I think in terms of solutions. I love solving problems. Maybe that's why I'm a cross-word puzzle and cryptogram junkie.

The Original Design

Millions of years ago our bodies adapted to work with the nutrients that were available at that time. Does that make sense? Now we've changed all that and we wonder why we're either dying or doddering into nursing homes in our 60s instead of raising hell at 120.

So we poison, malnourish and dehydrate our bodies into sickness and then we go to our doctor to get expensive medication prescriptions. Which, unfortunately, are more poisons. The \$1.5 trillion American medical industry is controlled almost totally by a handful of giant pharmaceutical companies. Their worst nightmare is an inexpensive cure for an expensive illness. Wait'll you read some of the books I've reviewed later in this book which expose the lengths the AMA, the FDA, and the pharmaceutical companies have gone to in order to stop unpatentable cures. Remember, nobody in the "health care" industry makes any money until you get sick. That's when you'll spend anything you have or can borrow to get well. And this system is happily supported by the insurance industry (you've seen their huge beautiful buildings, right?), which also has a large negative interest in your being healthy. When you get sick they pay, and that's known as cash flow. Then they happily charge higher premiums. They get their cut on every dollar, so the more they have to pay out, the more profits they make.

If you keep putting a sugar cube in your car's gas tank every day, your engine isn't going to last long. If you keep poisoning your body,

you'll be another of those worn out old people doddering around with a walker in a nursing home. Or going around in one of those electric handicapped carts. So go ahead, hoist a few more beers, buy another carton of cigarettes, have a Big Mac (do you want fries with that?) and Diet Coke. Maybe you'll be lucky and die in a car accident before you totally ruin your body.

Speaking of medical alternatives, if you think I'm alone in putting down the medical industry, do some alternative cruising of the internet. Check out the Royal Rife web page and see what that group has to say about the medics and their support by the feds, which is an incestuous relationship.

One of the books reviewed in my *Wisdom Guide* is about Dr. Naessens, who, like Dr. Rife, but more recently, invented a super-powerful microscope. And he, like Rife, was thus able to see an even more basic form of life than the cell, one which seems almost indestructible. He called it a somatid. Rife called them microzemas. They've recently been rediscovered and are called prions. And Naessens, like Rife, was persecuted by the medical establishment, complete with swat teams raiding his laboratory and destroying his notes and equipment. Well, he, like Rife, did the unforgivable, he found an inexpensive cure for cancer and used it to cure a bunch of people.

So Who The Hell Is Wayne Green?

Who *is* this guy who says he is going to tell you how to re-orient your whole life? Why should you believe me?

Good question. You're probably aware by now that you're being lied to at just about every turn by both big business and the government and those who aren't lying are probably in honest error. Well, at least we could trust President Clinton not to lie to us, right? And Bush, with his imaginary weapons of mass destruction.

Who can forget the spectacle of the seven top tobacco executives lying in their teeth to a Congressional committee? Our politicians lie. Our lawyers lie. Our bureaucrats lie. NASA lies. Our police lie. Our doctors lie. Our dentists lie. Every industry I've been in has turned out to be corrupt. It's no wonder you don't know who to believe

or what to do about it. The ostrich response is normal.

For instance, in the music industry all you hear played on the radio is music from the six major record companies (and only *one* is American). Why? They spend over \$100 million a year bribing the music directors of radio stations *not* to play independent music. If you think I'm exaggerating then read Dannen's exposé *Hit Men*.

In the magazine and newspaper business newsstand sales are almost totally controlled by organized crime, which skims about 50% off the top. And so it goes. We can thank Prohibition for building the organized crime industry. And now the so-called war on drugs is pumping billions into its growth and expansion. They love it.

So, why should you believe me about health? And what is *my* game?

I'm 81, I was born in northern New Hampshire (Littleton). My father was a pioneer aviator and my mother a commercial artist (she painted magazine cover art back before color photography was invented). I know what it is to live without electricity or plumbing, to have to go down stairs every morning to start a wood fire in the kitchen range, and to walk through the rain or morning dew to the outhouse in back of the barn. Our water came from a spring up on the hill via a quarter mile lead pipe (!) into a big jar in the cellar. We had a hand pump on the sink to pump it up to the kitchen, and a closet around the jar in the cellar to keep food cool.

We did have a telephone. We were ring three on a party line with ten other families. Today I have a voice line, a fax line, an internet line, a special low-noise radio interview line, and my wife, Sherry, has two voice lines, a fax line and an 800 number for her how-to-dance videos business. We live in balmy southern New Hampshire (couldn't stand those damned nawthun wintahs).

I got interested in amateur (ham) radio in my teens and this interest has provided me with a lifetime of adventure and fun. So I keep trying to get anyone I can interested in the hobby. Every item on my been there-done that list, which can be found on my Web site, could make an interesting chapter, but I'm much more interested in bringing health and wealth, and maybe even happiness, into your life than bragging about myself and my adventures.

My goal is to provide you with the keys to change your life, and

then do my best to get you to actually use them. And that, I know, is going to be my toughest sell. We are all creatures of habit, even when we know that our habits are going to kill us prematurely. By breaking some old habits and making better new ones you can add many healthy years to your life. Then, I hope I can convince you to use that extra time to help others and change your town, state and country for the better.

Okay, Okay...Health

Since, without your health nothing else is important anyway, let's get started. In order to cure you of whatever chronic illnesses you have now and get you back to robust health—and keep you that way—you're obviously going to have to make some changes. Mainly, it's the poisons you've been putting in your body and what you've been eating that is making you sick and will eventually kill you.

The odds are about 2:1 that you are overweight (a.k.a. fat, obese, *el gordo*). And don't whine about genes—it's your mouth gene that makes you fat. But it's *what* you've been eating, as well as how much, that's done the dirty work to your body.

Your diet has probably been as American as apple pie—a delicious food that's made of apples grown on mineral depleted soil and thus had to be sprayed repeatedly with insecticides, cooked with huge amounts of refined sugar (a serious, addictive poison), with a crust of white flour dough (another poison) layered with Crisco (hydrogenated fat clogs arteries). That's truly the great American food! Animals fed this crap die. So do we. Oh, I forgot the ice cream for the pie, made with growth hormone and antibiotic laced pasteurized milk, more fat and refined sugar.

The secret to regaining your health and maintaining it is simple and, if you can bring yourself to think about it, obvious. You can confirm the obvious by reading a few hundred books on the subject. That was my approach.

The fact is that your body is an incredibly complex system which has adapted over thousands of years to work on the nutrients which were available during this development time. Food (raw), water (pure), air (clean), exercise (plenty), sun (lots), sleep (in the dark) and a

minimum of stress. Then, just a few thousand years ago, people found that food sure tasted good when it was cooked. That's a blink of an eye in the time line of mankind and our digestive systems still haven't been redesigned to deal successfully with cooked food. Oh, just as your car engine will run for a while on a wide variety of fuels, it does so poorly and eventually breaks down unless you run it on what it was designed to use.

One of the more convincing books on this subject is *Maximize Immunity* by Dr. Bruno Comby. This French doctor noticed that dogs and cats fed cooked food got human type ailments. But when they were fed raw food, they soon got better. You can too—and so can your pets. Dr. Pottenger's famous research provided the same results.

I know you're going to find this difficult to believe, but for some weird reason Dr. Comby decided to try a raw food diet on some of his terminally sick patients to see if it would help them. That's right, he put them on raw food diets. And the results were spectacular. He found that he was able to rescue his patients, even from the last stages of cancer, AIDS, and a bunch of chronic illnesses, just by getting them to eat raw food. Fruits, vegetables and (gulp!) even meat. Well steak tartare *is* a French dish. That's raw hamburger with chopped capers and raw egg. Delicious!

Yes, I know all about the E. coli and other lovely stuff we get with our raw meats. So rinse the meat in some silver colloid solution before you eat it. That'll take care of any passengers your supermarket staff may have added to the meat—and a little extra silver will be good for you anyway.

The Comby book was very convincing, but it wasn't enough to get me to change my lifetime ingrained eating habits. Then, one night, I heard Dr. Lorraine Day on the Art Bell show. She was explaining how she'd almost died of breast cancer and had cured herself by changing to raw food, with lots of carrot juice and 20 glasses of pure water a day.

Call 800-574-2437 and order a couple of her videos to get the whole picture. You can either continue to eat as you have and wait for cancer to hit, and then switch to Dr. Day's diet, hopefully before it's too late, or you can change to eating raw food now and avoid the enormous expense and terror. Also, you'll avoid the possibility of

going through chemo or radiation treatment, neither of which is a treat nor will extend your life. These just make your last days more painful and incredibly expensive for your family. This is how the famed Mayo Clinic recently killed my good friend King Hussein. Hold the Mayo!

According to a recent JAMA report, our medical industry has been averaging \$345,000 per cancer case! Unfortunately they have a 93% failure rate.

The capping blow for me, personally, was the arrival of a book, *Nature's First Law: The Raw Food Diet*, by Arlin, Dini and Wolfe. They'd heard me talking about the importance of raw food on the Art Bell show. If you are able to read their book without changing to a mostly raw food diet, you are a certifiably hopeless case. It's \$18, including s/h in the US, from Nature's First Law, Box 900202, San Diego CA 92190 – 800-205-2350. Their mantra is simple: cooked food is poison—cooked food is poison—cooked food is poison.

Since reading that book I've been eating raw food most of the time. Oh, now and then, when I eat out, I eat the same poisonous garbage you do. But not often. I have a couple bananas and an orange for breakfast, a tomato and a large spinach, beet green, watercress and sprout salad for lunch. Coleslaw and chopped raw broccoli, carrots and cauliflower for dinner. All with my grandmother's coleslaw sauce, which is made out of all good stuff. Yes, I'll give you the recipe. Later. You'll *love* it. It's made out of all really good, healthy stuff and I use it on any vegetable or salad.

In *The Incurables*, Dr. Henry Bieler describes how he was able to rescue children who were dying of leukemia by stopping all milk products and feeding them chopped raw liver. I happen to love raw liver, and have always preferred my meat very, very rare—so raw is just fine with me. Yum. I see that yuuck look on your face. That's because you've never tried raw meat. Boy, have you ever been conditioned (brainwashed)! How about sashimi? That's raw fish, a delicacy in Japan. I love it.

It turns out that raw meat goes through our digestive system quickly. Cooked meat goes much more slowly, and the more it's cooked, the slower it travels, as the body tries to deal with and fight the resulting toxins. If you're not having at least three loose bowel

movements a day, you're eating wrong. And the stinkier they are, the more toxins are involved.

Our Sick Food Supply

There's an awful lot wrong with our food supply, as I'll explain. Not only have the food giants removed most of the food value our bodies need from the junk they're supplying, they're also adding a lot of weird chemicals "to retard spoilage" so they can put it in boxes with a shelf life of several years. It's even worse than that because the food the manufacturers start with no longer has most of the minerals our bodies need to function well.

There's a lot of hype in the alternative health field about the minerals that are missing from our food. Well, whether the mineral products these outfits are selling will supply what's missing or not I don't know, but they are right about one thing—the land our farmers, both small and conglomerate, are using to grow their crops were long ago depleted of the minerals our bodies and the plants need to be healthy. Hmm, *there's* a business opportunity!

So farmers have to use chemical fertilizers, which are made up of nitrogen, phosphorous and potassium (NPK) to get their crops to grow. Chemicals. Sadly, even most organically grown foods are missing the essential minerals the plants and our bodies need—they're just fertilized with organic fertilizer (like horse manure) instead of chemicals, and that doesn't provide the missing needed minerals.

What a few farmers are doing, and all of them should, is put down a layer of ground rock every few years to revitalize the land's mineral content. There's a great book on the subject by John Hamaker, *The Survival of Civilization*. He points out that a US Public Health Service report said that only 1.5% of Americans can be considered healthy, as I've already mentioned.

Lacking the essential minerals, even people who eat the healthiest food they can find are still going to need vitamin, mineral and enzyme supplements to keep from being malnourished. Dr. Melvin Page wrote a book 60 years ago which cited endless studies which showed malnourishment to be the primary cause for juvenile delinquency and violent crime. His *Degeneration → Regeneration*, which

I read about 50 years ago, is fantastic. Page's research is still being quoted today. Your library should have a copy, or go to abebooks.com, but please read this book!

Still in print is Dr. Weston Price's marvelous *Nutrition and Physical Degeneration*, first published in 1939. In it Price describes the remarkable health of primitive groups he visited early in this century, and what happened to them when refined sugar, white flour and other "civilized" foods were adopted. And he shows photos of what happened to their teeth and even their facial structure. Groups that had lived for centuries without any need for doctors or police started getting sick and dying while still relatively young. And, for the first time in their history, youngsters were turning to crime. Cancer, heart trouble, strokes, arthritis, diabetes and so on were totally unknown until the introduction of sugar, etc. It's almost enough to make a person think. Could a simple thing like a change of our diet put hundreds of thousands of doctors, police, judges and lawyers out of business? Gee, what a shame that would be for these people who are contributing (at our expense) so much to the advancement of civilization (yes, I'm being sarcastic).

Another excellent book is Donald Supkow's *Rock Dust and the Environment* (\$1.50). Yes, of course it's reviewed later in this book.

Now, let's get to the fundamentals of (a) regaining your health and (b) keeping you healthy from then on. There are, as I said, three major aspects to health, with getting the right nutrients being one. But all three are equally important, like a three-legged stool. The second, which is so simple it's obvious, is, as I've said, to stop putting poisons into your body. Well, it sounds simple, but in practice we're encouraged to poison ourselves by our families, friends, the government and the media. Plus we're goaded by billions of dollars of advertising. If enough people wise up the giant food, sugar, tobacco, beer, milk and pharmaceutical companies would be put out of business. Gee.

The third destructive element is stress.

So Let's Get Started With Health

Like you, I was taught by my folks and everyone I knew that

when I got sick I should go to the doctor. It somehow never percolated through that doctors only make money when we get sick (what a concept!), thus they, and their organizations, have a powerful vested interest in sickness and huge negative monetary interest in keeping us healthy. It's the Hippocratic Oath vs. a Hypocritical oath (curse). Look 'em up.

The more I've read about our medical industry, the more disappointing it's been. Doctors are taught virtually nothing about nutrition or disease prevention (other than the use of vaccines, which is another horror story of misplaced trust) in medical school. And remember, doctors, hospitals, the pharmaceutical giants and insurance companies have billions invested, not in keeping you well, but in your being sick. That's when they make their money. Indeed, human nature plays right into their hands because we tend to ignore our health until we lose it and then we'll spend whatever we have or can borrow trying to get it back. It's a trillion and a half dollar industry and your kindly doctor sure doesn't have your best interests at heart, only your money. It's strictly a business, not a ministry, and it's built entirely on our ignorance and gullability. It's also one of the most profitable in the world.

Oh, Wayne's exaggerating! Yeah? I dare you to read Dr. James Carter's *Racketeering In Medicine*. It's reviewed later on.

I have long shelves of books on health. There are endless books touting various routes to good health, and more dedicated to the repair of specific illnesses. Books on arthritis, heart disease, stroke, Alzheimer's and so on. There are more books on nostrums such as DHEA, kombucha, essiac, co-enzyme Q-10, vitamin C, HGH, melatonin, grape seeds, colostrum, and various minerals.

Oh, we hear a lot about cancer research. Sure, we get endless pleas to donate for the search for a cure for this or that disease, and the government spends billions of our money on so-called medical research. For instance, in the last 25 years, though billions have been spent on cancer research, the survival of about 97% of cancer victims has not been improved one little bit. In fact, prostate cancer patients have a longer probable life if they are not treated than if they are. Without treatment you can expect to live around 15 years. With treatment you'll probably live less than five years. Or you can change

your diet. Your choice.

Well, you ask, how about chemotherapy? What doctors don't want you to know is that chemo doesn't work except for a few very rare types of cancer. Worse, it can cause many more problems, including even more deadly cancers. Radiation and chemotherapy? No matter how many drugs or how high the dosage, it doesn't really work (Ref: *What Doctors Don't Tell You*, July 1996).

You know, a hundred years ago cancers were exceedingly rare. Today, almost half of us are going to have the trauma of dealing with cancer. The doctors will want to operate or use chemo, or probably both. When cancer strikes, you have a decision to make. A big decision. Are you going to put your trust in doctors and believe and do everything they say? Or are you going to fight back by educating yourself about the alternatives open to you?

My advice, which I know most of you are going to ignore, since you have believed in doctors all your life, is to do two things. First, do your best to make sure that you don't get cancer in the first place. I'm now convinced that cancer is 100% avoidable if you either follow the instructions in this book, or educate yourself by reading the books on health which are reviewed later in this book. Read, then make changes in your thoroughly ingrained habits that are slowly, but inexorably shortening your life. If you'd rather die than change, fine—I guarantee that you will. Painfully and expensively. Second, if you don't change so you can avoid cancer, once it hits you can consult the books I've reviewed for you and belatedly do your homework. Maybe by then you'll almost be ready to believe what my research has shown and change your habits. Read the book by Dr. Comby, get the Dr. Day videos, and read the Arlin-Dini-Wolfe book on raw food. Also, read the books by Drs. Wallach, Huggins, Batmanghelidj, Coca, Douglass, and so on.

Of course the real secret is for you to keep your body's repair system strong so you will never have cancer, heart trouble, or any of the chronic illnesses which beset about 99% of older people.

There's an even worse indictment of the medical industry. I've read some carefully documented cases of doctors who have discovered cancer cures and then the AMA has persecuted them and had them put in prison by the FDA in order to prevent their inexpensive and

unpatentable drug or treatment from being used, or even *tested*. I'm exaggerating? Read *The Cancer Cure That Worked*. And read the book about Gaston Naessens, which is also reviewed later. Read some of this stuff and it'll destroy your confidence in the FDA and AMA. Read about the top FDA official, who okayed Searle Labs' aspartame (NutraSweet) for use by the public, despite several research reports condemning it, who then quit to go to work for Searle's (later bought out by Monsanto) law firm.

There are several well-researched books documenting the almost total control the pharmaceutical industry has over the AMA, the FDA, and the whole medical industry. If they can't sell an expensive patented drug, you're not going to hear about the cure. Like silver colloid.

The Medical Industry

If you continue to eat the same old garbage, keep poisoning yourself, and are stressed out, you're going to break *something*. It may be a heart attack, a stroke, cancer, arthritis, diabetes, or multiple sclerosis. But the odds are overwhelming that you are going to end up either dead by 70 or in a nursing home doddering around. Is that what you want? My father died of emphysema and my mother of Alzheimer's. Both could have been alive today if I'd known then what I know now—and had been able to convince them to make the needed changes—which, at least in my father's case, I doubt. Well, I got too late smart, so my hope is that I can convince you to change your life and raise holy hell with the stupid con-game called the Social Security system. And that's one the things we need to change, once I have you healthy and wealthy. We need to stop letting our caring government steal money from us under a variety of guises, and that's what Social Security comes down to—just more tax money for Congress to have fun spending. If we were allowed to invest the same money ourselves we'd get at least five times the return on it and even low-wage workers could end up with a \$1 million retirement nest egg.

If you think I'm exaggerating, do your homework. I have. Read *A Nation of Millionaires* by Robert Genetski. Yes, I review it in my *Wisdom Guide*.

When you give yourself cancer the medical industry will try to convince you to opt for chemotherapy, surgery or radiation. What they won't tell you is that while these horrendously expensive procedures will drastically ruin your quality of life, they aren't going to add one extra day to it. And this despite the National Cancer Institute and hospitals spending tens of billions of dollars on cancer research.

Everything sure isn't as you see it on "ER" and "Chicago Hope."

The doctors reap billions by prescribing drugs and then, when the drugs cause unwanted side effects, they prescribe more drugs to counter them. Hey, I've been there, done that. I had high blood pressure so my kindly old doctor prescribed a drug to lower it. And it did. It also gave me gout. So he gave me another prescription for that. And that caused excessive bruising, which called for another drug.

I remember skin diving in the Florida Keys. One day there was a rough sea, so when I went over the side I banged the calf of one leg against the gunwale. By evening, instead of the normal small bruise, the whole bottom part of my leg and foot had turned a bright purple, and stayed that way for several days. I knew then that it was time to stop this medication roulette.

Look, I was brought up by my folks and all of the media to believe in doctors, so the reality of our medical industry came as a great shock to me. I didn't want to believe it, but the more I read, the more I could see that I'd been conned. A good book on the subject is Lanctôt's *The Medical Mafia*. Another is *Dirty Medicine* by Dr. Walker. Lordy, it's getting more and more difficult to find any group we can trust. We can't trust our food, water or even the air we breathe. Well, maybe you can begin to see why I want to enlist you, once I have you healthy and wealthy, in my drive to clean up all this damned corruption.

We need to get our government fixed (yes, it sure is broken, as well as broke) so we won't have to live in fear of the IRS, FDA, DEA, FBI, CIA, DIA, OSI, BTA, EPA, and all the other agencies with swat teams. With your help we can make this not just the best country in the world, we can make it a thousand times better than it is now.

We *can* have an honest Congress, taxes that are a fraction (around 1/50th) of what we're paying now, a reduction of crime by about

90%, a reduction in the cost of education by at least 50% (and a vastly superior product), tuition-free colleges that graduate students in three years instead of six (with no government funding), a medical system that costs about one tenth what it does now, and a pared-down government that's efficient and effective and costs a fraction of what we're spending for our present bloated colossus. You'll like my proposals, which all make good common sense—but that's for another book. I've proposed all of these ideas in my *73* magazine editorial essays, so they've been tested on that readership, which liked 'em.

Ulcers

Twenty years ago Dr. Barry Marshall, a doctor in western Australia, discovered that ulcers were caused by a bacteria, *Helicobacter pylori*, and not stress, diet, or stomach acid. Instead of being a hero, he was ridiculed and his findings ignored. He was up against two major obstacles, one was the medical industry's historical resistance to new ideas and the other was that ulcers were a major revenue source for most doctors, making up about 25% of their practice. The last thing they wanted was an end to the billions of dollars of medications they were dispensing. Billions? In the past five years Americans have spent nearly \$25 billion on drugs to slow the production of acid, which was thought to cause ulcers. Tagamet, the leading anti-acid ulcer medicine, became the best selling drug on earth, earning billions for Smith Kline, its producer.

It took an article in *The New Yorker* to break the medical establishment's resistance. Well, bend it, perhaps, since less than 8% of the doctors have been treating their patients for H. Pylori. Sales of Tagamet and Zantac are doing just fine, of course. Since few doctors have the time to read the medical journals, they are dependent on the pharmaceutical company salesmen (called detail men) for their continuing education. I suspect that the Smith Kline salesmen haven't mentioned H. Pylori to their doctor customers.

All it takes to cure stomach ulcers is antibiotics. Maybe you missed the articles on the subject in *The New Yorker* and in *Fortune*. If you know anyone with ulcers please try to get them to take a little responsibility toward curing themselves by doing some reading.

The AMA At Work For You

I'm still doing my best to undermine your reliance on your doctor—to keep you from being “treated” with drugs and surgery when your life style has made you sick. In this case I'm hoping I can get you to spend \$15 and a few hours learning with increasing disgust what the American Medical Association has been doing to make sure that you are unhealthy so their doctors can make money from your distress. The book is John Robbins' *Reclaiming Our Health — Exploding the Medical Myth and Embracing the Source of True Healing*. Robbins provides verifiable statistics and references to back up his every claim. He starts out showing how the AMA has vigorously fought letting midwives assist births, even though such births have been proven to be far, far safer for both the mother and child, result in almost no pain and require dramatically fewer cesareans and forceps deliveries (which can easily cause permanent brain damage).

He cites the AMA's powerful support of and investment in the tobacco industry, with MD Congressman Rowland, who single-handedly defeated the Congressional bill to fight smoking and limit its advertising and promotion, then being rewarded with the AMA's prestigious Nathan Davis award.

You'll be highlighting almost every page of the book and reading it to anyone who will listen.

The AMA comes off as an organization totally without a conscience, dedicated to enhancing medical profits at the expense of the public. It's no wonder that its membership has dropped to less than half what it was 20 years ago. They've spent billions fighting every competitor—midwives, chiropractors, naturopaths, homeopaths and so on.

Sepsis

A reader sent me a clipping from a technical medical journal about the serious problems they've been having with cleaning medical instruments and contact lenses, problems that our blessed medical industry has solved largely by ignoring them. Well, they didn't have any answers on how to thoroughly kill germs, so that was a normal

human reaction. Why am I reminded of the medical industry's response to Dr. Semmelweis when his research showed that if doctors would wash their hands after operating on a diseased person or doing an autopsy before delivering a baby the epidemic of child-bed fever could be stopped. They threw him out of the hospital and then out of the medical profession. The guy who invented the stethoscope didn't fare much better.

According to the report from the Center for Biofilm Engineering, microbes are able to establish a biofilm protective layer which isolates the colony from any incoming antibiotics or disinfectants. However, they discovered that if the instruments to be cleaned were put in a solution with a small electric current passing through it the microbes could be totally killed. And this included HIV.

This suggests to me the need for further research using the blood purifier to pass a very small electric current through the blood at the same time as antibiotics are being used so we can see if that will boost their effectiveness. Or, better yet, it could result in requiring far smaller doses of antibiotics. And this, in turn, could help prevent any surviving microbes or viruses from mutating to adapt to the antibiotic.

Death Sentence or Wakeup Call?

As Andy used to say to Amos, "I'ze regusted." The more I learn about our overly expensive and monumentally ineffective medical industry, the more regusted I get. The only reason you're putting up with all the baloney is because you've been conned into trusting it.

Take the cancer industry. It's a \$40 billion industry and the insiders know the whole works is a scam. The fact is a bunch of doctors already know what causes cancer, and I mean 100% of all cancers, not just one or two flavors. They also know how any cancer can be cured—simply and inexpensively—but that would put thousands of doctors out of work and raise holy hob with the whole medical industry. Golly, I wish I was exaggerating!

And the same thing holds for AIDS, the acquired immuno-deficiency syndrome. The secret for curing AIDS lies in the name of the "disease" itself. And this also provides a powerful clue for how to treat the Big C.

Sure, we've all heard about the immune system, but it's been kept mystically buried under layers of medical jargon. So let's lay out the situation simply. We have a blood system which takes the raw materials for our body which have been processed by the lungs, stomach, liver and intestines, and distributes them to the cells so they can live and divide into more cells. The lymph system fights off the invaders, and there is no shortage of them. It also rushes to repair damage to the body. Even under the best of circumstances the immune system is kept busy handling damage repair and dealing with invaders.

So what happens when we throw monkey wrenches into the immune system with poisons, poor nutrition and dehydration? It breaks down and is unable to fight off its foes. A strong immune system quickly detects mutant cells. In any really large factory there are always some defective products. Here we're dealing with around 75 trillion cells, all busy replicating each other from every few minutes to weeks. The immune system is the quality control supervisor, checking for defective products and disposing of them. Maybe one cell out of a million will make a mistake during replication. A mutation. If this is allowed to grow it can get out of control and you have a cancer. The body is continually generating these small potential cancers and the immune system's job is to find and destroy them.

This is the source for *all* cancers.

The immune system has been designed to cope with the normal level of damage which human bodies have had to deal with over the last million or so years—just as the other bodily systems adapted to work with the available food, water, air, sun, etc., which human bodies adapted to using for fuel over the millennia. Does that make good common sense?

Now let's go to the present and the many new poisons which we inflict on our bodies; poisons with which the immune system has to cope. Between vaccination shots (many contain mercury), mercury from dental fillings gradually seeping into our systems, chlorine and fluorides in the water, all kinds of pollutants in the air, dioxin in the water, antibiotics and hormones in our meat and milk, pesticides in and on our fruits and vegetables, hefty doses of nicotine, caffeine, alcohol, poisons from root canals and so on, our immune systems are up against a barrage of enemies far beyond their design limits for

coping. If you think about it, most of these poisons have been added in just the last hundred years. Cancer, heart trouble, Alzheimer's, Parkinson's and so on were virtually unknown a hundred years ago. Coincidence?

And that doesn't even count the effects of modern living stress, which alone can incapacitate even a fairly healthy immune system.

So, when the immune system breaks down and cancers get started in the weaker parts of our bodies, what do doctors do? Chemotherapy! Right! They inject a huge new load of deadly poisons. And they radiate. It's no wonder there are so few survivors of this enormously expensive madness. If you look at the statistics you'll see that our trusted medical professionals have not added one day to the life of most cancer patients in the last 30 years.

So what's the answer? Good grief, do you even have to ask? If you want to cure cancer (or AIDS, for that matter) you want to rebuild your immune system as fast as you can! This means stopping all those poisons and making sure your body gets the raw materials it was designed to use and needs to repair itself. Raw food, clean air, pure water, UV rays in your eyeballs and on your skin, the 90 missing minerals, enzymes and vitamins your body needs (many of which are long gone from our supermarket food shelves) and as little stress as possible. Maybe you remember Norman Cousins and his miraculous recovery just by watching comedies and reading humor books? Laugh it up. Oh yes, and exercise. Shake your cells.

Now, the choice we all have is to either continue to beat the heck out of our immune system and wait until the alarm bell rings, forcing us to either contemplate death, a wheelchair, or a change in our habits, whichever we consider less of a problem. If you decide to choose life you have to get busy making sure you give your immune system the best break you can. Right now, not next week, or sometime. Hmm, will you be hit by leukemia, perhaps aggravated by EMFs? Or maybe a brain tumor (a shortage of vanadium or too many cell phone calls)? I've lost some good friends to brain tumors. Or perhaps it will just be something slo-o-w and painful like arthritis or diabetes—with lots of pain medications, complete with unpleasant their side effects. Every medication seems to have side effects, none of which are beneficial. Just read the fine print (snicker).

I don't know about you, but I'm not about to wait for the Grim Reaper to take away my Macintosh eMac and issue a pair of wings. So I'm eating lots of raw food, drinking plenty of pure water, getting my exercise every day, avoiding sugar, white flour, and poisons such as aspartame (NutraSweet), adding the 90 missing minerals and stuff to my diet, and hyperventilating every time I think of it (our air has a lot less oxygen than it used to). I also laugh a lot, as you've noticed if you've heard me on the radio. Hey, have you read a *Dilbert* book yet? And check out the humor section of my \$5 (and worth \$5,000) *Secret Guide to Wisdom*.

Not only am I convinced that just about anyone can regain robust health, even if near death from cancer or AIDS, but probably from almost anything else. And all they have to do is give their immune system a break. But, hey, it's your body and our culture encourages a wide variety of destructive behavior. Like Big Macs (you want fries with that?), or beer and Fritos. Or (sob) Häagen Dasz coffee ice cream. When your alarm bell tolls for thee, start following the instructions, and get busy reading the health oriented books reviewed later.

Raw Food?

How come all this stuff about eating raw food? Food tastes much better cooked, right? For some people eating raw is, like being a vegetarian, a fad. Well, in addition to the compelling evidence from Drs. Comby, Beiler, and Day, recent research reports have confirmed that our bodies do indeed accept raw food with no problems. But when the same food is cooked, even lightly, our bodies treat it as a toxic invader, rushing out white cells and depressing the immune system. That, plus sugar, a host of poisons, a lack of exercise and sunlight, and constant stress, will wear out your body's motor years earlier than if you take reasonably good care of it.

Salads? The only time I ever had those was when I went out to a restaurant and they had a salad course—and those were mostly iceberg lettuce, which provides little real nutrition. My mother and father, who were both superb cooks, *never* served salads. Well, I *love* salads now. I eat 'em two meals a day. Big ones. And they're delicious.

Raw meat? I can hear your yu-u-uking from here. More on that later.

I Beg To Differ

Maybe you've noticed that people come in all sizes, shapes, colors and temperaments. It's a problem for the clothing and shoe industries which they haven't managed to cope with all that well. It's been less of a problem for our school system, which does its best to force all children, no matter their IQ, interests, or other characteristics, into a one-size-fits-all school system. The fast get slowed and bored numb. The slow get run over.

Our medical industry uses the same one-size-fits-all approach. For instance, there's one RDA, the Recommended Daily Average dose of vitamins and minerals for people, no matter their size or shape, or any genetic differences in their body chemistry. Ditto immunization shots, and so on. Sumo wrestler or 97-pound weakling, everyone gets the same shots.

The fact that our genetic makeups are all different is one we can plainly see, with variations in skin color, height, body build, and so on. Does it make sense that we might just all be somewhat different chemically too? We know that we're all allergic to different things, right? Thus, maybe it stands to reason that our bodies are going to have somewhat different needs when it comes to vitamins and minerals and resistance to poisons. So, should it be surprising when some people have violent reactions to some medications and shots? Some even die, but the number is an "acceptable loss," according to the medical profession. And the government.

Some people are more easily addicted to nicotine, alcohol, caffeine and other drugs than others—possibly the result of genetic damage before conception or during pregnancy. And a few of our soldiers got sick (some died) from the barrage of immunization shots they got on their way to the Gulf War. More "acceptable losses," no doubt. And the fluoride put in our drinking water kills a few people. Tough. Our water supplies are 60% fluoridated. Those in Europe are under 2%. Obviously they're a backward people. I'm sure it's a coincidence that fluoride is used on animals to make them more docile and we're seeing similar side-effects with our people in cities with fluoridated water. Oh yes, and fluorides in the water lowers children's IQs by

about five points on the average.

For that matter you don't even want fluoride in your tooth paste. Kids have gotten sick and even died from fluoride tooth paste and from having fluoride swabbed on their teeth by dentists.

There are no provable benefits to fluoridating our water supply, except to the companies selling the fluorides. If you think I'm exaggerating then please at least read *Fluoride, The Aging Factor*, by Dr. Yiamouyiannis. And if that doesn't convince you, send a SASE and \$5 for me to copy six pages of fluoride research report references for you. Copies of these reports that I've sent to readers have helped over a dozen communities be spared this poisoning of their drinking water.

An article in *Business Week* said the EPA is starting to test the 87,000 chemicals suspected of being endocrine disrupters, with some of those that can affect the reproductive system having been found in food packaging which is then leaching into the food. Do you honestly believe for a minute that the aluminum from beer and soft drink cans isn't leaching into the drinks and from there into your brain? Hello-o-o Alzheimer's.

AIDS, HIV, & Other Baloney

Unless you know someone with HIV or AIDS (or both), or are curious about all the fuss, you may not be interested enough to go out and buy the Peter Duesberg book, *Inventing the AIDS Virus*. It's a \$30 722-pager and it rightly nails the medical establishment to the wall for the mess it's made of this whole business.

Since I've read several reports showing that there are thousands of AIDS patients who are HIV negative, and millions of HIV positive people with no sign of AIDS, Duesberg's claim that AIDS is a lifestyle disease, particularly involving the use of recreational drugs, makes sense. He further provides exhaustive proof that AZT, which is a chemotherapy used to treat AIDS, actually is responsible for causing AIDS. He also provides proof that AIDS is not in the slightest infectious.

AIDS is actually the result of a toxic buildup from drug use. Remember the drug culture of the '60s? Well, is it really all that

surprising that people's bodies eventually reacted a few years later? And since drug use is particularly rampant in the homosexual culture, this explains why the syndrome hit this group so strongly. It's similar to cigarettes, where it takes a few years of poisoning one's lungs and body with nicotine and tars before emphysema, heart trouble, lung and throat cancer and other illnesses caused by defeating the body's immune system inevitably appear. These drugs lower the effectiveness of the immune system, allowing any opportunistic disease to win out. Or cancers to grow.

In Europe the cigarette companies are not allowed to add sugar to the tobacco, as do our American tobacco companies. The result is that they have very few cases of lung cancer in Europe, compared to the U.S. It makes the smoke sweeter.

Our bodies harbor billions of microbes. Indeed there are more microbes than cells in our bodies, so our immune system is in a constant war with invaders. Anything that tends to lower the immune system's effectiveness can allow the bad guys to win. Our immune system suffers when we are stressed, when our bodies don't get the required nutrients, if we shortchange it on exercise, sun, water or oxygen, or overload it with toxins.

But what about all those hemophiliacs who've been dying of AIDS as a result of blood transfusions? It turns out that's tied in with a new drug for hemophilia called Factor VIII. This is an immuno-suppressive drug, so if the patient also is also HIV positive, the chances are that a doctor will prescribe FDA-approved AZT, and th-th-th-that's all folks!

Maybe you've noticed that none of the AIDS establishment's frightening predictions have materialized. Our hospitals are not packed solid with people dying of AIDS. The big winners have been the condom manufacturers, Burroughs Wellcome Labs and their AZT sales, the AIDS support groups and those benefiting from the billions of government money that Congress has thrown into fruitless research (welfare for scientists) for a patentable, profitable drug.

Oh yes, those condoms. They're a joke when it comes to AIDS since the HIV virus is infinitely smaller than the holes in the structure of condoms. They offer very little protection, mainly providing added revenues to condom makers through frightening people.

The Duesberg book is a fascinating (if long) detective story, and

there is no shortage of bad guys put into the spotlight.

And combined with the damage done to people's bodies and immune systems from long term drug use (including nicotine, caffeine and alcohol), there is the mutation of microbes which had previously been beaten back with antibiotics. In case you haven't read, most of our more serious invaders are now antibiotic resistant, and the rest are well on their way. This onslaught of infectious diseases also helps defeat the immune system. If you haven't read about it, the current estimates are that over 80,000 people died in 1996 in hospitals just from diseases contracted while in those hospitals. That's right, not from the illnesses which brought them there, but from those contracted while there. A hospital is a very dangerous place to be. Remember that as you enjoy your morning cup of coffee.

I'm not sure whether that 80,000 is in addition, or part of, the 300,000 deaths the Ralph Nader researchers attributed yearly to hospital errors—mostly errors in medication. I suspect it's in addition. Even the AMA journal admits that there are over 100,000 deaths a year from medication errors. A recent Journal of the American Medical Association (*JAMA*) paper cited a study which showed that 187,000 people die in hospitals every year as a result of reactions to prescribed drugs. And that doesn't include deaths which hospitals cover up in order to avoid law suits. This was recently exposed by *60 Minutes*, and has been confirmed by several of my readers who work in hospitals. Thousands of fatal surgery and medication errors are just not reported.

I wonder how many are killed by hospital food?

Is all that bad news about hospitals enough to get you to change to a raw food diet? And avoid poisons? Talk about Russian roulette! Pizza, anyone? Big Mac? Fries with that? Americans average 50 pounds of fries a year—the delivery system of choice for hydrogenated canola oil (rape seed oil). This is *not* one of your healthy fats.

Silver Colloid

Now why would you want to make a silver colloid solution? Well, silver is one of the best germicides there is. You can learn a lot more about this by reading Dr. Farber's book, *The Silver Micro Bullet*.

Maybe you've read about how germs are getting more and more resistant to antibiotics? This isn't exactly a news flash, but if your reading begins and ends at the sports page, you may have missed knowing about it. I've found two good books on this subject. There's Garrett's *The Coming Plague*, and Dr. Fisher's *The Plague Makers*.

Before antibiotics were discovered, silver colloid was used to fight germs. And very successfully, too. But it wasn't patentable like penicillin and streptomycin, so there wasn't any money to be made.

I'm still sorting out the information from several books and reports on using silver colloid, but it looks as if it's safe to drink small amounts. I use it mainly as a rinse for fruits, vegetables and meats which might be infected with microbes like E. coli or salmonella. It's also great for soaking your feet to get rid of fungus (stinky feet) and athlete's foot or warts. As I find more reliable information about using silver colloid I'll write a booklet on it.

It's pathetically easy to make. I've put together a \$37 (#82) kit which includes a small 14-Volt power supply, two five-inch lengths of pure silver wire, and a reprint of an article from *73* magazine on the history and use of silver colloid. Put the two wires in an eight-ounce glass of distilled water with a tiny pinch of salt to make the water conductive, clip the power supply wires to the silver wires, plug it in and in about 20 minutes you'll have a 10 ppm silver colloid solution. The silver wires should be able to make many gallons of silver colloid for you.

What's a colloid? That's a suspension of particles so small that they don't settle out of a liquid.

Or, if you have more money than sense, you can buy silver colloid solutions from a number of sources, but the prices they charge are outrageous. If you make it yourself it'll cost you maybe a penny or so a quart. Oh yes, keep it in a brown bottle in the fridge. Silver, when exposed to light, turns black. That's how black and white films work. No, you can't make a safe silver colloid using silver coins. You need to use absolutely pure silver. And if you use too much salt you'll be making silver chloride, which you don't want. Too much silver chloride can turn your skin gray. Permanently.

Dr. William Douglass, in his *Second Opinion* newsletter has discouraged the internal use of silver colloid, but his reasons seem weak, based more in there being also some aluminum colloid in some

of the commercially available silver colloid solutions. I want to see more well researched data before I decide whether I'm going to gulp down a few tablespoons of silver colloid every day. I sure wish I had an assistant to go through the piles of reference material on the subject I've accumulated, looking for reliable data.

I'm almost daily getting calls from customers telling me how they take a few spoonfuls at the hint of a cold, and all gone the cold. Plus it seems to help the immune system take care of many other problems.

AIDS-SchmAIDS

For most of us AIDS is either a very remote or a non-worry. Our homosexual brethren probably are more interested. I'm concerned because I hate to see people dying unnecessarily, even though it helps save our so-called Social Security system from an early collapse and provides Congress with more money for pork.

A collapse would probably be the best thing that could happen to Social Security. Then we might be able to change to the system pioneered in Chile, which is now spreading everywhere. Well, everywhere else.

There's a book by Dr. William Douglass on AIDS which supports some ridiculous rumors I've heard, but dismissed as the usual paranoia from Chicken Littles. Douglass points out that AIDS started simultaneously in several African states, Haiti and Brazil. Now, by a really curious coincidence (think of the odds!), these are the exact same places where the World Health Organization (WHO) launched smallpox vaccination campaigns. Further, Douglass shows that the HIV virus could not have come from animals (or a monkey), but had to have been designed and engineered for humans.

In the 1972 *Federation Proceedings* WHO suggested that a neat way to test immunity-suppression systems would be to introduce them via a vaccination program. Douglass says the epidemic didn't come from a sick monkey, it came from our labs at Fort Detrick, Maryland.

If AIDS had started, as claimed, from one monkey bite, the most cases that could be expected to have developed from that would be about 8,000, and not millions of infected people. Well, this certainly is one way to clear out a lot of Africans. And homosexuals, if that is

the plan. Ethnic cleansing, we call it when the bad guys do it.

In New York, the head of the city blood bank set up a hepatitis vaccine study which curiously targeted males between 20 and 40 who were not monogamous. It now appears that 100% of those participating were infected with the AIDS virus. But heck, you can read the report for yourself: Second Opinion 800-728-2288, \$9.

In the meanwhile I've read several books by doctors claiming to cure AIDS using UV light, oxygen, herbs and so on, and I have yet to hear from or about anyone who has failed to recover after a change to a totally raw food diet.

A Waist Is A Terrible Thing To Mind

A somewhat sobering statistic emerged from my TV. I was tuned to a PBS health show where it was pointed out that of the few people who manage to live to 85, over 80% are seriously impaired. Is that really what you want to look forward to if you are one of the few to make it to 85? Most people drop dead of heart attacks, stroke and cancer long before that. Heck, I'm already at the age where over half of my compatriots have already died. Most, of course, were smokers.

The comforting thought is that hardly any fat people live that long, so if you've got a great big constipated gut you at least won't have to worry about being seriously impaired in your later years, because there aren't likely to be any later years. Having been fat most of my life, I know all about the see-saw of diets that about 2% of fatties manage to overcome. I've been there, done that. Done it endlessly. I just ran across my college application when I was 17 and I was 30 pounds heavier than I am now.

Of course I know how delicious ice cream is. I know all about Danish and juicy hamburgers. Anyway, 30 years ago I finally decided enough was enough. I went on a 1500 calorie diet and stuck to it through thin and thin, dropping about two pounds a week until I'd lost 85 pounds. And, by changing my eating habits, I've managed to keep it off.

I went the slow dieting route so as not to put too much of a strain on my heart. Who wants to be a thin corpse?

But I'm one of the 2% able to keep my lost weight off—not that

it's been easy. There are constant temptations. I haven't lost my taste for a nice hot slice of pizza with the works, or a wedge of Black Forest cake.

Fat

In the 1960s 17% of middle-aged Americans met the clinical definition of obesity. Today that figure is 32.2%. At ham radio conventions I see thousands of grossly fat hams, with huge guts hanging over their belts. The number of people with Class Three Obesity—who are too fat to fit into an airline seat—has risen 350% in the last 30 years. But it isn't just grown-ups who are fat, the percentage of preschool girls who are overweight has gone from 5.8% to over 10% in the last 20 years. And all this despite our spending \$50 billion a year on diet clubs and special lo-cal and lite foods.

Despite the millions spent on special diet books, *none* of these diets work in the long run. None...got that? And that goes for *The Zone*, Puh'n's *5-day Miracle Diet*, *Dr. Atkins New Diet Revolution*, and so on through the best-selling diet books of the last 30 years.

Okay, wise guy, if all that stuff millions of people have read and believed is baloney, then what, if anything, does work? You're not going to like the answer. I, personally, hate the answer. I love ice cream, the fattier the better (thanks, Haägen-Dasz—a cup of their ice cream has as much artery-clogging fat as three McDonald's quarter pounders). And Lindt chocolate—yummm.

Why are babies getting fat? Surprise, it's what we're feeding 'em. The same reason you are fat and getting fatter. The same reason your family is fat. It's the food you're in the habit of eating.

Fat not only shortens your potential life span, it also makes what years you do manage to live more miserable. First, no one likes to look at fat people. Fat is u-g-l-y. It's a sign of a weak will. It's a clear sign that a person is self-destructive. Like smokers or drinkers. It greatly heightens the risk of heart disease, diabetes, cancer, arthritis, gallbladder disease, gout, blindness, birth defects in their children and a host of aches and pains.

Having been addicted to fattening food, I can understand why drug addicts have such a difficult time. Fattening food *is* addictive. If

you get your kids started on it, they're going to be fat and probably unable to ever change their eating habits. I was lucky. My mother fed me real food when I was young. No cold cereals, no white bread, no jam or jelly. I ate hot cereal with cream and eggs fixed many ways. Whole wheat toast. We had ice cream for desert several times a year. No candy around the house. No peanut and jelly sandwiches.

It wasn't until I stayed one summer with my grandparents, where my grandmother baked lots of cookies, pies, muffins and cakes, that I got fat.

Can you completely eliminate sugar and white flour products from your diet? Can you eat mainly raw fruit and vegetables? I love 'em now.

The body you inherited was developed over millions of years to work best when it got regular exercise. Half as many Americans walk to work today as did only twenty years ago. I'm out there fast walking a couple miles almost every day. I used to jog every day, but I read that walking is much better for my knees. Fortunately, I only have to walk about twenty feet to be at work, thanks to computers, the telephone and a fax machine.

If you eat right and exercise, you'll lose your fat and your body will last longer and give you less pain. So forget the endless magazine articles and books about miracle diets and change your lifestyle. You can eat all of the raw food you want and your body will lose those extra pounds automatically. That's right, it'll drop those ugly pounds with no dieting, no starvation.

By the way, when you've changed to raw food you'll find that you'll be having two or three loose bowel movements a day, which is the way the body is supposed to work. Autopsies on fat people have produced amazing amounts of fecal matter permanently lodged in the colon—50 pounds and more in some cases. Food is supposed to zip right through. If you take a teaspoon of cayenne pepper at breakfast time, as I do, you'll know exactly how long it takes for food to go through your digestive system. The pepper burns twice.

Why do I down a teaspoon of cayenne every morning? Because I read *Left For Dead* by Dick Quinn. He had a heart attack and the usual by-pass surgery. Nothing was ever said to him about his lifestyle causing the heart attack. But when he had another, they wanted to do

more by-passes. That's when he got busy doing some research. What he found was that by-passes are a waste of money. He discovered that a teaspoon of cayenne pepper a day would keep his arteries cleaned out. It's a roto-rooter. So I use it as a preventative. Since it burns twice, it'll tell you right down to the minute how long it's taking for food to go through your digestive system. I'll tell you more about Dick Quinn later.

Raw food provides the fiber which keeps your intestines working smoothly.

How About A No Will Power Approach?

As A-Team's George Peppard used to say, "I love it when a plan comes together." Well, I feel like a physicist who's just developed a Theory Of Everything, tying all the forces together into one equation. Einstein's elusive goal. Only this is a mental Theory Of Everything and it can, if I can convince you to actually use it, change your life. And all it'll take you is five minutes a day! With an enormous amount to win and nothing to lose, I hope you'll put aside your usual paralyzing skepticism and at least give this a try.

Each of the pieces of the puzzle have been making sense. For me, it's been something like putting together a huge jigsaw puzzle (which I love to do—particularly the old wooden ones!). But, unless you're reading the books, other than those on health, I've reviewed in my *Secret Guide to Wisdom* and thus keeping up with the research I've been doing and the amazing things I've been discovering, you may have a problem accepting some of the jigsaw pieces I've fitted together—and probably miss seeing the whole picture. In this case the picture sure wasn't on the box.

For instance, one piece of the puzzle started for me with the 1976 book, *The Secret Life of Plants*, where Chris Bird reported on Cleve Backster's research into plant-human communications. He found that plants are somehow able to sense what people are thinking and measurably, with his lie detector, react to it! Then there was J. Allen Boone's *Kinship of All Life*, which explained how anyone can communicate with any animal, and even with insects! In Chris Bird's *Secrets of the Soil*, he explains that farmers have been able to get

insects to leave their crops alone just by taking the time and effort to mentally communicate with them.

I called Chris to find out what Cleve had been doing since the plants book. Chris put me in touch with Cleve, and he, in turn, steered me to Brian O'Leary, an ex-astronaut, who had been working with him on human cell communication. Brian sent me *The Secret Life of Your Cells*. Wow! This book confirms that every cell of our body is in instant communication in some way with every other cell. And that's even when they've been separated by thousands of miles! Well, this sure helps to explain the many weird reports from people with organ transplants, and even with blood transfusions. It also helps explain many twins reared apart anomalies.

I've reported on Neil Slade's book, *Mental Magic* in my *Secret Guide to Wisdom*. In it, Neil explains how you can get clouds to change their shape, just by willing it. No, it doesn't work every time, but it does often enough to convince anyone who doesn't have a totally closed mind. It's another piece of the puzzle. I've had it work for me, time after time!

In *Secrets of the Soil* (a new edition is just out, now available from ASD—see my *Wisdom Guide* for the address) Chris discusses the power of thought (prayer) to influence the growth of seeds as well as plants. Prayer also is well known to help sick people to get better.

Then there's the work of Coué (1857-1926), who had millions of people telling themselves that "every day in every way I'm getting better and better." The trouble with system that was that it worked, much to the consternation of scientists, who in general don't want to have anything to do with the power of thought. The medical associations endlessly ridiculed Coué, who was cutting into their profits.

Scientists in general also don't want to know about the work of J.B. Rhine at Duke University 50 years ago, where he proved that thought can influence matter. This was recently proven again by the PEAR Lab at Princeton and further confirmed mathematically beyond question by Dean Radin in his fascinating book, *The Conscious Universe* (see p.41 of *Wisdom*).

After Art Bell had Neil Slade on his show Art decided to test the power of his audience's thoughts. At the time Texas was dry as a

bone, with wild fires raging. He asked his listeners to pray for rain for Texas. Almost immediately Texas had a record downpour, which not only put out the fires, but flooded wide areas.

Art tried the experiment again when Florida was suffering from hundreds of fires, burning tens of thousands of acres. The resulting rain damned near floated Florida out into the Gulf. Art, badly shaken by the results, has wisely stopped these experiments.

You see how the pieces of the puzzle are starting to fit?

Next came a letter with a tape from a listener who enjoyed hearing me on Art's show. The tape explained how you can make major changes in your body just by positively communicating with it. You start out by standing without any clothes in front of a full length mirror. The most difficult part is telling each part of your body that you love it. Tell your hands and your arms that you love them. Tell your tummy the same thing. Your head. Your feet, and so on. Tell every part of your body that you love it. Then, every day, devote about five minutes to gently massaging each part of your body, reaffirming your love. You certainly can spare five minutes.

Well, before you dismiss the idea, consider how cooperative someone you know would be if you let them know every day how much you hated them. You may hate having a big fat gut, but tell it you love it anyway. Tell it that every day. Then you'll see a miracle begin to happen. You'll find that you've lost interest in eating that bowl of ice cream. Or that slice of coconut custard pie. You'll be looking for a salad bar instead of the usual McDonald's trough (oink). Alas, Wendy's has closed their salad bars, which were superb diet aids. On the plus side their new salads are darned good. I like their Mandarin salad the best. It's a big salad dinner for under \$5. Now, if I could just get them not to cook the little chunks of chicken.

One thing I guarantee, if you follow through every day (and not three times a week), you will see some amazing changes. I expect you to make notes and let me know, okay?

One more piece of the puzzle dropped into place when I heard Art interviewing Dr. Ron Laura, who looks less than half his age. He just isn't aging. He explained that every cell in your body is in constant communication with your mind, so what you think of yourself comes across as orders from HQ. So, if you believe you are ugly, you are

damned well going to be ugly. If you hate your fat body, you're on your way to being mistaken for an escaped Goodyear blimp or an escaped hippo. If you have been convinced you are stupid, guess what? D'uh.

Doctors and scientists like to think of the mind and body as separate. They aren't. Every cell in your body is a part of your mind. Every cell is in communication with every other cell. Backster and O'Leary proved that. Hey, read Stone's book!

Back when I first started writing editorials in my first publication, 52 years ago, I explained that every physical illness had a mental component and that if doctors would find it and decondition it, the illness would go away. No pills. No surgery. No shots. No return office visits. No more income. Oops!

When personal computers came along 28 years ago I explained in my computer magazine editorials that any doctors actually interested in curing their patient's illness needed a computer program which would help them isolate the contributing mental component of the illnesses. Using a sensitive ohmmeter circuit, it would be simple for a computer to isolate the triggering mental component so the doctor could decondition it. As a mental repair technician 50 years ago I had no problem isolating these mental triggers and eliminating them, just by asking a few questions—and people quickly got better!

Even Walt Disney has tried to get us to understand the power of the mind to improve our lives. One of my favorite songs is *When You Wish Upon A Star*, from *Pinocchio*. "When you wish upon a star, makes no difference who you are, anything you heart desires will come to you." The song has a powerful message—if you take it seriously.

This is also confirmed by Eugene Maurey in his book, *The Power of Thought*. And, surprisingly, it's confirmed again by Scott Adams in his wonderful book, *The Dilbert Future*. Scott suddenly stops his great humor and gets serious, explaining how you can use your mind to make almost anything you want happen. This is also a key element in Richard Welch's *Brain Management* course, which uses the same power to help you learn to read books as fast as you can turn the pages.

This also explains how and why placebos work so well. Once we believe some remedy is going to work, our cells happily take care of

everything from there on.

If you are still in denial over your ability to communicate with plants, insects, animals and your body, I hope I can convince you to take the time to read my *Secret Guide to Wisdom*, which reviews most of the above books.

Until you honestly try the procedure I've outlined, you won't know if or how much it can change your life. Your body, if you stop poisoning it, give it the nutrients it was designed to use and have a positive attitude, is capable of truly incredible healing powers. Or would you rather keep suffering with a backache, arthritis, diabetes, or whatever? Please try this simple experiment for 60 days and let me know what happens. If the results are as spectacular as I predict. I'll expect your help to get me on the Tonight Show.

No, with all that drug advertising, the network would never let me get my message to the public. Instead, call the Premier Network and ask for the Coast Producer to have me as a guest more often on the Coast To Coast show (818-377-5300).

Prayer really does work—just not the way most people think. Well, we know that God works in mysterious ways. I'll tell you what—maybe you'll take a half minute out of your day to help me? I would appreciate you're prayer for me to help make my body healthier and younger so I'll have more time to get the word to anyone who will listen. If coffee ice cream starts looking less attractive to me I'll know your prayers are working.

The pieces of the puzzle fit together so neatly that I'm really excited about this—but I'm depending on you to prove I'm right. With documented proof of the power of your thought (and some additional prayers from you), I may even be able to get on Coast To Coast again to spread the word.

Another Reason We're Fat!

If you stop and think about it, which apparently few, if anyone, has before, it makes a lot of sense. Authors Wiley and Formby's book, *Lights Out*, makes a good case for why around 60% of us are turning into human blimps. It also explains another way we can dump that big constipated gut and those ugly rolls of fat.

First, with 97-pages of references, they make an iron-clad case for fat being the result of our eating carbohydrates, and having nothing at all to do with our eating fat foods. When you cut back on the carbs you can pig out (sorry) on a fat-laced steak or a juicy pork chop, unless that strikes you as possible cannibalism, and still lose weight. So much for all that “lite” garbage we’re being fed.

So what’s happened that’s got so many of us waddling around in portable tents for clothes?

Let’s put a big lump of blame on Thomas Elva Edison, the bum who invented the light bulb. Well, if he hadn’t, someone else would have, so let’s keep our memorials for old direct-current Edison, who fought Nikola Tesla’s alternating current to his death.

The seat of the problem lies with our most basic mammal inheritance. You see, over thousands of years of conditioning, mammals have learned—and thus are driven genetically—to put on fat in the summer in preparation for the lean months of winter. Our bodies know when it is summer because the days are longer, so when we extend daylight artificially our bodies are triggered to go for carbs and fatten up for winter, when in the past there’s always been a shortage of fruit, vegetables and grains. Some mammals hibernate during the winter, living off the fat their body’s have stored during the summer.

Alas, we store up the fat in summer. And then we tell our bodies that summer is still here with artificial light, and we keep right on storing fat, summer, fall, winter, and spring. The el blimpos we see all around us, and lined up at the high-carb end of the all-you-can-eat buffets, are the result.

We’re bathed in light, day and night. Alas, we don’t even have to see the light with or eyes! If it just falls on our skin it’s high carb time. Research has shown that even one lousy candle power of light is more than enough to trigger the response.

For thousands of years, before alarm clocks and radios, we went to sleep in our caves when it got dark and slept until the sun came up. And this is how our body’s are still programmed—and that programming is built in way, way down at the most primitive level. So we’re not only lousing ourselves up with night lights or a TV left on all night, but we’re also cutting our sleep short.

If you can make your bedroom totally dark at night—no LEDs or

other night lights—and start going to bed earlier so your body will start adjusting to its natural sleep rhythm, come fall you'll be able to break the high carb demands and you'll lose that summer fat automatically. No dieting. Carbs? Sugar and white flour products are the worst offenders.

Or you could start now, shortening your days to fool your body into thinking winter is here. I have heavy curtains on my bedroom windows, so it's easy to make it dark, even for my afternoon nap. Aim at eventually getting nine hours sleep.

Now, back to those pesky carbohydrates.

For thousands of years man (and woman) lived on a diet of about 90% protein for around seven or eight months of the year, and the rest of the time on vegetation in season. And people were around six feet tall. Until agriculture was invented there were no grindstones. The coming of farming 10,000 years ago changed everything. That flipped diets to 90% carbohydrate and 10% protein and fat. 10,000 years of early death and disease have followed, and we humans have shrunk an average of six inches in height.

In America we hold the world record for sickness—eating disorders, diabetes, heart disease and cancer. In 1900 diabetes was the 28th leading cause of death, the twelfth by 1920, seventh in 1940, and third this year. The growth of diabetes has paralleled the growth of lighting and also sugar consumption.

If you can get more sleep, and in a dark bedroom, you'll have less of a craving for sugar and you'll find it easier to start thinning down.

Epileptic Fits

Thank heavens for the fast-forward on my VCR remote! Well, with exposé TV programs on almost every night, there's always the chance that if I don't record 'em I'll miss finding out about another military-industrial complex scam, another Congressional, medical, food stamp, welfare, etc. exposé. The fast-forward button helps me avoid the commercials and luxuriating in the misfortune of others, which the networks squeeze for every tear drop on these shows. If it bleeds, it leads.

Did you miss the "Dateline" program with the exposé on the medical

scandal over epilepsy? The program explained that around 70 years ago a very successful cure was found for epilepsy. But since it did not call for the use of any pharmaceuticals, the medical industry quietly buried it. Except for the persistence of one woman, who fought the medical bureaucracy for years, this cure would have been lost. Now kids with epilepsy can get this inexpensive dietary treatment at Johns Hopkins, but only if they learn about it. Unfortunately the AMA-FDA-NIH-WHO combo has done a magnificent job of keeping most doctors unaware of this simple cure.

If you want to know more about this turn on your computer and go to www.hopkinsmedicine.org and enter "ketogenic diet"

Maybe you saw the program about the Australian doctor I mentioned earlier who discovered an inexpensive simple cure for ulcers. He was fought by the medical establishment for years before he finally won. It was an article about him in *The New Yorker* which finally blew off the lid. The medical journals, which play only the pharmaceutical company tunes, refused to publish Dr. Marshall's papers and they're still fighting him. The result is that only a small percentage of doctors know about this, with most of them happily making a good part of their living from patients with ulcers and Tagamet prescriptions. Ulcers, thus, are still a huge medical industry money maker.

Shocking

A newspaper clipping from an Australian reader cites another medical anomaly worth investigating. This has to do with a chap who was suffering from Ross River virus, which produces extreme fatigue and lasts a year or two. It's transmitted by mosquitoes. It seems this chap, who was suffering from the virus, had difficulty even getting out of bed. Then he accidentally got pushed into an electric fence and got one hell of a shock. The next day he had recovered from the virus. He told a good friend of his who also was suffering from the virus about it. The friend came around and zapped himself on the fence and within 15 minutes his pains were gone.

A reader sent me a brochure from the Jungle Aviation and Radio Service (JAARS) about a snake bite zapper. It does about the same as zapping a snake bite with a wire from the spark plug of a car or

boat motor, the way the Peruvian Indians do. JAARS is providing small hand-operated generators for jungle use (no batteries to die). They claim that the treatment also works on scorpion stings. I'd say we need some research. I'll bet a similar approach would work on jelly fish, sting ray, scorpion fish and fire coral stings. It should work fine for bee and wasp stings, and even mosquitoes and other insect bites. Imagine what a business you could have with a little gadget which instantly stopped the itching of bug bites. It would have a small ring you'd put around the bite and an electrode to touch the middle of the bite. Zap, and no more pain or itch.

Of course, as a piece of medical equipment you would have to spend around \$500 million and wait ten years for the FDA to approve it before you could start selling it—and that's providing one of the pharmaceutical giants wasn't threatened enough to make sure it never got an FDA okay.

There are more than a few reasons to suspect that something like this might also help with some skin or breast cancers. I've a letter from a reader citing the Swedish use of 12 volts to get rid of breast cancers.

Now, I suppose you're going to ask me why the medical industry is blind to these anomalies. How can they pass up researching electrical approaches to curing illnesses? You wouldn't ask that if you'd read the exposé books on the industry reviewed later in this book. The big money in the \$1.5 trillion American medical industry is in selling medications. If the drug companies can't develop and patent a pharmaceutical which will bring in hundreds of millions you ain't gonna see it. Or have you bought any pills lately? The pill and shot pushers are solidly backed up by the AMA, the FDA, and on down the list, complete with SWAT teams to put you in prison if you try to cause any trouble. Lordy, you should see some of the letter's I've been getting from FDA prosecuted prisoners around the country! Make that persecuted.

Did you see the *60 Minutes* segment on seniors taking busses over the border to Canada just to buy prescription drugs, where they are about one-third the cost of the exact same drugs in the U.S.? Of course, if these people would change their eating habits they wouldn't need to be spending so much of their Social Security checks on drugs—all

of which have side effects, none of which are good. The average senior today is taking seven prescription drugs!

Perhaps now you can understand why I'm so enthusiastic about the raw food diet.

The AMA sucks!

When I read about one therapy after another which has been proven in practice, but of which the AMA "doesn't approve," I come close to getting angry. It seems like almost every branch of science has the same problem.

For instance, I've learned a bunch about the problems that dental amalgam and nickel inlays can cause. If you have any amalgam fillings, I guarantee you'll be healthier if you get 'em replaced. You want to read *It's All In Your Head* by Hal Huggins. Those fillings, which the ADA still firmly supports, are slowly dumping poisonous mercury into your body. Hello multiple sclerosis and Alzheimer's.

Another excellent book on the subject is *The Mercury In Your Mouth* by Dr. Lydia Bronte. And if that doesn't convince you, then spend \$8 for Dr. Gerard Judd's *Good Teeth, Birth to Death*. He also goes into gory detail on the fluoridation scam.

Then there's the way we're doing a job on ourselves by preventing ultra-violet light from getting into our eyeballs. Read *Health And Light* by John Ott; *Light, Medicine of the Future*, by Jacob Liberman and *Into The Light* by Dr. Douglass. It's incredible what even just a few minutes of ultra-violet light a day can do for your health. When you're out there walking every day please don't wear glasses.

We're undermining our health by almost never getting true sunlight into our eyes. Instead we get it through home or car windows and eye glasses, which filter out the rays our eyes need the most.

There also is a long history of curing a wide variety of illnesses by exposing a small amount of a person's blood to ultra-violet light and then putting it back. Illnesses like cancer. Dr. Douglass' *Into The Light* explains about this.

Are low powered magnetic fields helping to make you and your family sick? You bet they are. You can read more about this in *The Body Electric* by Robert Becker; *Cross Currents*, also by Becker;

The Electricity Around You May Be Hazardous To Your Health by Ellen Sugarman; *Currents of Death* by Paul Brodeur and *The Great Power-Line Cover-Up*, also by Brodeur.

You'll also want to read *Magnetism and It's Effects on the Living System* by Davis & Rawls.

And if that isn't enough, you're going to love *Hydrogen Peroxide Medical Miracle* by Dr. William Douglass. If you know anyone with cancer, colds, flu, artery plaque, heart disease, shingles, gum disease, etc., you should get them to read the book.

Alas, there is almost no funding available for research into non-pharmaceutical approaches to sickness repair or prevention, and it has been claimed by many experts that the FDA is tightly controlled by the pharmaceutical industry. Tough combo to fight, no matter how good a therapy is discovered.

Now we read that in the last 50 years male sperm counts have been cut in half. What we haven't yet read is what whatever is doing this is also doing to the surviving half of our sperm. If something is killing half, imagine how sick or damaged the other half must be! Pesticides are suspected. They've been used so extravagantly that now they're embedded in just about everything we eat and much of what we drink. They're into our farm lands and thus in the crops our cattle are eating and which we are then eating. They're in our water supplies. We eat them, drink them and breathe them. Or could it be the fluorides they're putting in our water? Are you distilling your tap water before drinking it yet?

They've just recently reported on research which has shown that baby boys who are kept in plastic diapers have a markedly lower sperm count later on. It turns out that these diapers keep the baby's testicals several degrees warmer than nature intended and this keeps them from developing normally. Back to cloth diapers, at least for boys, if you want them to have healthy sperm.

So what can we do about this mess we've gotten ourselves into? You can do the same thing I'm doing. You can read and get the facts. You can give talks at your local Chambers of Commerce, Rotary, and Lions clubs. You can get on talk radio and pass the word. You can raise hell and put a brick under it.

I'm not talking ecoscams with little or no scientific basis like the

ridiculous Alar scare, the spotted owls, nuclear winter, acid rain, greenhouse summer, the snail darter and the blessed ozone hole. And by the way, there are some fine books on all these media-hyped scares. The best are *Environmental Overkill* by Dixie Lee Ray, *Ecoscam* by Ronald Bailey and *Satanic Gasses* by Michaels and Balling.

Your alternative is to keep quiet and shrug off your responsibility to do your best to fight for a healthier life for your children—and grandchildren. And, as you are shrugging, try to remember that the main reason democracy has failed so disastrously in America is the refusal of most people to assume any responsibility, thus leaving much of the change in the hands of nut cases who do go out and scream and carry on—often funded by the big businesses that will benefit from the changes.

Learn first—then make yourself heard.

Slow Poison

There's a growing backlash against politically correct writing. Calling prisons "correctional institutions" is stupid. Prisons don't correct. They aren't designed or organized to correct. They're for punishment. Ditto our so-called Defense Department. It used to be called the War Department, but that was back when mental hospitals were called insane asylums.

Which brings me to "health care." Har-de-har. Few (if any) people will spend ten cents or take a minute of their time to be healthy, so there's little money in it. But when people get seriously sick, they'll spend everything they've got or can borrow to get over being sick. So, that's where the money is. Big money. This psychology, strangely, has not totally escaped the attention of the medical industry.

Our "health care" industry is run by doctors who haven't a clue about how to stay healthy. They're trained to look at symptoms, diagnose and then use chemicals or knives to alleviate the symptoms, not the causes. Our medical schools, as I've said, don't teach health or sickness avoidance, except the use of vaccines—another multi-billion dollar scam.

One result of all this, plus the normal "I'm going to live forever" attitude, which is particularly strong with teenagers, but doesn't fade

away much with age—at least until a big enough sickness arrives to force a reconsideration of mortality—is our ability to live comfortably while dosing ourselves with a whole range of slow poisons. Like what? Cigarettes, alcohol, polluted air, chlorine and fluorides in our water, magnetic radiation, negative dispositions, dental amalgam fillings, root canals, aspartame in our drinks, “recreational drugs,” uppers, downers, Valium, Prozac, Ritalin, a Whopper & fries, cooked food, even sugar and milk—stuff like that. They’re all slow poisons.

No, the magnetic field (EMF) radiation you get sitting near your TV isn’t going to kill you this year. Neither is smoking one pack of cigarettes or snorting one line of coke. One can of Diet Coke is unlikely to kill you unless thrown. Nor one Big Mac, unless you choke on it and Heimlich isn’t around. You’ll laugh when you learn that the Red Cross refused to accept the Heimlich Maneuver for over ten years, continuing to endorse the slap on the back approach, which lodges the stuck food more firmly in the throat, thus guaranteeing death. You *are* laughing, right?

Yes, I’m aiming right at the heart of American culture. World culture, really. Well, how many people in their 50s do you know who are in robust health and look 20 years younger? And how many have heart disease, arthritis, bad backs, cancer, ulcers, Parkinson’s, diabetes, emphysema, or are grossly overweight, and so on? The evidence is overwhelming that these and virtually every other sickness come from our slowly poisoning ourselves.

Yes, I know about germs. You want to know about germs? Well, do some reading. Find out about Royal Rife, *The Cancer Cure That Worked*, Barry Lynes, 1987, 168p, \$16, ISBN 0-919951-30-9, Marcus Books, Box 327, Queensville, Ontario, Can. L0G 1R0, 416-478-2201); Gaston Naessens (see later); Antoine Béchamp, *Pasteur Exposed*, Ethel Hume, 1923-1989, 260p, \$22, Bookreal, 8 Millar St., Denmark, WA 6333, Australia.

In the meanwhile, consider that even in the worst of epidemics there are some people who don’t get sick. It has to do with their industrial strength immune systems.

The end result of our slowly poisoning ourselves is that when I go to a reunion of my old WWII submarine buddies, more than half have already died, and the rest don’t look all that good. Most of the

smokers and fatties are long gone. Just one smoker was still left at this year's reunion. What ever happened to the concept of an ounce of prevention?

If you're in your 30s, are you aiming at death in 20, 30, 40, or 90 years? Choose your poisons. There are groups of people here and there around the world who are living healthily into their 100s. Yes, of course scientists have discovered their "secret," but I'll bet you've never read about these discoveries.

If you can stop from slowly poisoning yourself, you'll have a better chance at inflicting your crazy ideas on your great grandchildren. Your immune system starts out strong, unless you are bottle instead of breast fed, but it eventually gets poisoned so badly that you are wide open to any bug or virus that comes along, or it can trigger some genetic weaknesses. Just one teaspoon of sugar a day and your calcium-phosphorous ratio may swing hard one way or the other, depositing calcium where it hurts, or leaching it out of your bones, osteoporosing you. Arthritis, either way.

So what do you do? You take pain medication to stop those annoying pain messages your body's alarm system is sending. You see all those pain relief ads.

In The Beginning

The human body, despite what you may believe from the Bible, has slowly developed over millions of years. It naturally adapted to work in conjunction with the environment. I hope that makes sense. Now, think about what the environment was like a hundred thousand and a million years ago. Man ate food, drank water and was exposed to sunlight. Until just a few thousand years ago all man ate was raw food, like all the other animals. Dr. Comby, whom I mentioned earlier, got the totally crazy idea that maybe eating cooked food was causing some of our health problems. After all, it takes more than a few thousand years for our bodies to adapt to a major change in food like that.

So he first tested this outrageous theory on dogs and cats. What do you know, those fed raw food were healthy. Those fed cooked food got human ailments. Not being overly dumb, he then tried this

radical approach to health on some dying patients. He got them to stop eating French cuisine and eat only raw food. Meat, fish, veggies, fruits, nuts. You got it, even those patients who were next to death's door started getting better. Cancer, AIDS, acne, tennis elbow and so on. When I read about that it was almost enough to make me think. But let's not let this startling information get out. We don't want to destroy the great American food giants, right? Hey, I'm looking into your grocery carts at the supermarket, so I know what kind of garbage you're buying for your family to eat. I can see you slowly, painfully, killing them.

What would happen if everyone started eating raw food? General Mills would be demoted to Private. Battle Creek would be demoted to Skirmish Brook. We could probably close down 90% of our hospitals and senior rest homes, move the retirement age up to 92 and so on.

It'll never happen. We keep seeing more kids starting to smoke, building a lifetime addiction to a deadly poison. Ditto beer. No, until the accumulated poisons of decades knocks people on their keisters, they'll live for today and ignore the future. Our immune systems start out incredibly robust, but eventually they fail.

That's the way my father lived, smoking Camels for years. But he spent the last 20 years of his life (after he'd stopped smoking) suffering from emphysema. The last few years he had less than 10% of his lungs still working and had to have an oxygen bottle with him 24 hours a day. At the end he had to be taken to the hospital every few days to have his lungs drained. He was drowning.

Sure, he knew how bad cigarettes were. Even when he was young they called 'em coffin nails. It took 40 years of smoking to knock him down. But, if you've watched the old movies, you've seen just about everyone smoking. The non-smoker was a rarity in those days.

As for me, I'm shopping mostly in the organic food section of the supermarket. I load up on fruits and veggies. I do enjoy dipping veggies in some curried yogurt. Nuts and raisins make a great snack. I'm fortunate to live on a farm and thus have good well water so I don't need to buy a purifier to get rid of the chlorine and fluorides most city water supplies provide. But I do distill it anyway, just in case. And I get out there every morning, getting those UVs into my

eyes and fast walking a couple miles up and down the New Hampshire hills. We have no air pollution up here. So, unless Nabisco puts out a contract on me for upsetting their poison apple cart, I may continue to be a persistent nuisance.

Good Reading

One of the benefits of my getting away from my office and out to give talks or attend scientific conferences is the opportunity to catch up on my reading. I read in airport lounges, while flying and in hotel rooms in the evenings.

There are several outstanding books that I've read recently—like *Secrets of the Soil* by Chris Bird, which I mentioned earlier. This book covers things like using music to make plants grow, the destructive use of pesticides and chemicals on our farms and how to avoid insect destruction to organic farms. The magic of magnetized water. It's a thick book and it'll have you wearing out your highlighter.

Then there's *Young Again*, by John Thomas, (1994, 384p, ISBN 1-884757-75-8, Plexus Press, Box 827, Kelso WA 98626; 206-423-3168, \$20). The subtitle is, "A personal guide to ageless living—How to reverse the aging process." Sounds good, eh? Well, it sure sounds good when you look around and half of your peers are dead and the rest are doddering around with walkers in nursing homes.

The "health" business is just that, a business. It's all about money. When I approach AIDS workers with the news that I have a simple, no-cost way to tackle AIDS they get all upset. AIDS is *incurable*, they scream at me. Well, there are millions of dollars flowing through the medical system dependent on just that.

If someone I knew had cancer I'd recommend that they get Dr. Lorraine Day's video, *Cancer Doesn't Scare Me Anymore*. Dr. Day got breast cancer and cured herself using essentially the same raw food approach that I'm preaching. She had a cancer as big as a grapefruit and was given a few weeks to live, since it had spread all through her body. She changed to a raw fruit and vegetable diet, with plenty of carrot juice and 20 glasses of pure water a day and totally cured herself. She called to say that my book is "right on."

But then, it's your life to do with as you wish, so you can depend

totally on your good old family doctor if you want. But I'll bet he doesn't know squat about any alternative to drugs, chemotherapy, radiation and surgery—or have the faintest clue as to why a cancer got going in the first place.

Say, why not do your homework *before* you get sick? Better yet, start changing over to a raw food diet right now.

The Cabal

Unless the many people I've met in the alternative medicine field are all suffering from paranoid delusions, which I doubt, there is a nasty collaboration between the AMA, the FDA, the pharmaceutical companies and the insurance industry to maintain the status quo. Well, it's a trillion and a half dollar industry, so I can understand why everyone involved would be resistant to anything which could upset their lucrative appplecart. Any low-cost cure for a dread (expensive) illness would spoil the game for everyone.

Now, if Comby (and Dr. Day, Dr. Bieler, Arlin-Dini-Wolfe, et al) are right about a totally raw food diet being able to strengthen the immune system enough so it can fight off illnesses of *any* kind and the word starts getting out, think what that might do to the whole medical industry! Oh, we'd still need a few doctors and hospitals for knife and gunshot wounds, as well as car accidents, and other emergencies. But most of the drug companies would go out of business, as well as the food giants. So, if you think the current campaign by the electric companies to poo-poo EMF dangers is impressive, wait'll you see the number of doctors the health care and food industries will line up to warn against the dangers of eating raw food. Hey, pass me another carrot—they're pretty good, even without salt.

One more thing—if we can get people to stop eating sugar and white flour products I'm sure we'll have a lot less anger, violence, psychotic behavior and kids killing kids. Even getting people to get some ultra-violet rays into their eyes has been proven to help people to get along better.

The usual serendipity brought in a copy of the Marion Dow newsletter, "CardiSense," which had a feature article on food, "Had Your

Heart Attack Yet?"

You'd better read *Left For Dead* by Dick Quinn, 1992, 200p, ISBN 0-9632839-0-1, \$13, Quinn Publishing, Box 17100, Minneapolis MN 55417, 800-283-3998. Dick had his heart attack and had the usual bypass surgery, as I mentioned earlier. But it didn't help him, so his doctor wanted to do a few more. Then Dick found out about cayenne pepper and cured himself and everyone he could talk to. You should read his book. If you do, you'll be looking around for cayenne pepper too. Hey, it only burns twice, as I mentioned earlier.

It wouldn't hurt to get a good book or two on chelation. I was suspicious of it at first, but the more I've read, the more it looks like a good approach to getting the toxic metals in your arteries cleaned out. Check out *Forty Something Forever*, by Harold & Arline Brecher, subtitled "A consumer's guide to chelation therapy and other heart-savers." 1992, 377p, ISBN 0927839-46-6, \$7, Healthsavers Press, Box 683, Herndon VA 22070, 703-471-4734.

However, I'll bet we'll find that when people change to an all raw food diet that they aren't going to need chelation to detoxify their blood.

And if you think I'm exaggerating about the medical establishment fighting anything new or different, you want to read, *Racketeering In Medicine*, by Dr. James Carter, 1992, 363p, ISBN 1-878901-32-X, \$13, Hampton Roads Publishing, 891 Norfolk Square, Norfolk VA 23502, 804-459-2453. Read about how the medical establishment, hand-in-hand with the FDA, has done an axe job on acupuncture, nutrition, chelation, chiropractic, homeopathy, osteopathy, etc.

Anyway, I highly recommend you read Dick's book before you have your heart attack and a series of mostly useless and very expensive and dangerous bypasses. Or change to raw food. Or both.

Real Research Needed

I don't know which of the endless nostrums I get promotions for in the mail are worthwhile and which aren't. But I also haven't seen any sign that our medical establishment is making any serious effort to check them out.

Oh, I can understand. The worst nightmare for the National Cancer

Society would be a cancer cure. And what would happen to the pharmaceutical industry if word got out to the public that raw food really does prevent almost all illnesses? So, when I read about doctors having success with alternative approaches, complete with endless testimonials from people who were at death's door, I want to know more and cut the self-serving medical/drug industry baloney.

How efficacious are chlorella, saw palmetto, echinacea, kombucha, ginger, garlic, cayenne, hydrogen peroxide, chromium picolinate, silver colloid, ginkgo biloba, ginseng and gero vita? The National Institute of Health (NIH) has set up a department to check out these and all the other nostrums, but I haven't seen the slightest sign of action yet. Nor do I expect to. The alternative medical journals claim the department is just window dressing to shut people up.

Hey, you know, once you get used to eating raw food and figure out how to fix it to make it taste good, it's great stuff!

Avoiding Poisons

Getting back to health, one obvious first step, as I said, is to stop putting poisons into your body. Oh, just as we can put a couple teaspoons of sugar in our car's gas tank every day without noticing anything right away, our bodies are able to keep going, though with reduced efficiency, while we're slowly poisoning it. The first signs of a problem are when our immune system is reduced in efficiency, allowing us to catch whatever is "going around." Maybe you've noticed that there *are* a few people who don't get colds or the flu. I haven't had a cold in years...and I won't be getting any.

When you find yourself getting colds and the flu, that's a sure sign that your immune system isn't able to do its job. Consider that a warning bell and clean up your lifestyle act.

One of the first warnings that you're messing up is tooth decay. It took four years of eating Navy food before I got my first ever cavity.

What are the poisons we need to avoid so our immune systems can operate at full strength? Well, you know most of 'em already. Nicotine probably tops the list, followed closely by alcohol. Yes, a couple glasses of wine do dumb your mind down, helping to relieve stress. But it's a poison, so perhaps you can learn to listen to good

music and relax, or even try meditation. Caffeine is a bummer too, despite the “kick” that morning cup of coffee provides. And another in the afternoon instead of a nap. Then there is aspartame, a.k.a. NutraSweet, the stuff in diet drinks. Wait’ll you start reading about the harm it can do to your body! It’s been creating an epidemic of multiple sclerosis symptoms. Read my Aspartame booklet (#38). That’s when you’re going to start believing how crooked the FDA and the AMA are. Ditto olestra, the non-fat fat which is making so many people sick.

Other Poisons

Well, there’s a good deal of dioxin that’s seeped down to the American water table, so this pesticide will be stored up in your body unless you have a still or a good reverse osmosis filter for your drinking water. Plus you also get pesticides on your fruit and vegetables. As you learn more about farming you’ll find that pesticides aren’t needed for healthy plants (see *Secrets of The Soil*). But then, with the minerals almost totally missing from our agricultural land, we are no longer able to raise healthy crops. You should read the \$1.50 book, *Rock Dust*, and Alexandersson’s book, *Living Water*, to come up to speed on this.

Then there are the many chemical additives (many never FDA approved) our food giants add to their products to “prevent spoilage.” This stuff is not good for you. Any food that comes in a box or a can, the chances are that it’s going to be bad for you.

Between stress and a really lousy food supply, we need to do our best to stop adding poisons to our bodies if we’re going to be healthy.

One doctor after another, after researching the situation, has come to the conclusion that virtually all of our illnesses basically stem from long term malnourishment. Well, as we say in the computer field, garbage in, garbage out.

The Blue Stuff

The next time I update my *Aspartame* booklet I’ll have to add that, in addition to making people fat and creating a multiple sclerosis

plague, it also helps cause incontinence, according to Dr. Gottlieb in his book, *Alternative Cures*. Gottlieb says that NutraSweet also causes depression, irritability, sugar craving, poor sleep patterns, headaches and PMS problems. I dunno, a few years ago, not knowing better, I drank a lot of Crystal Lite and I didn't get any PMS symptoms.

Sugar and White Flour

There are all kinds of poisons around us—cleaning products, outgassing of plastics such as nylon, polyester, polyurethane and so on—you know, like the stuff that gradually clouds the inside of your car windshield. But one of the worst for our bodies is refined sugar. It raises holy hell with your immune system and can help cause all kinds of allergies. And sugar is addictive. Wow, is it addictive!

Even knowing how bad it was, I ate sugar on my All Bran anyway. I ate doughnuts, jams, candy, cookies, cake, ice cream—the works. And, like everyone else, my immune system rewarded me by allowing me to get colds, the flu and anything else “going around.”

Then I got lucky. I found a \$6 pocket book, *Lick The Sugar Habit*, by Nancy Appleton. I bought it and a few days later I had cut sugar out of my diet. I won't go into the details, but please read the book and I guarantee that you'll be quitting sugar too. It's a terrible poison, and it's something that we've added to our diets in quantity just in the last hundred years.

Every primitive society that we've introduced sugar and white flour to has gone from being healthy to being sick and dying of the same things we are. Like heart attacks and strokes. Read the book. It's published by Avery, 1996, 256 pages, ISBN 0-89529-695-0.

A hundred years ago Americans ate an average of seven pounds of sugar a year. Today the average is 158 pounds! A hundred years ago cancer was extremely rare. Today it will touch 50% of us. Dr. Schweitzer, in Africa, said he never saw a single case of cancer until sugar arrived.

It's no wonder that kids, fed sugar frosted cereals and pop tarts for breakfast are hyperactive and have attention deficit disorder. Then we give them Ritalin, Zoloft, Paxil, Effexor, Addreall, or Prozac, all of which can have serious manic side effects, to counter the ADHD result. And then we're surprised when they go on rampages.

White flour has no nutrition for you at all! Zero. The bran is removed from the wheat and fed to animals, who thrive on it. The flour is bleached, just to make sure. If you absolutely can't stop eating bread, at least stick to whole wheat or black bread. Bread is cooked food and basically, it's not good for you. White rice isn't any better, it's had all of the bran removed too. Brown rice is fair, just don't cook it. You can soak it until it's soft enough to eat.

Well, what about other grains? You have to cook them, don't you? Jeesh, haven't you ever heard of sprouting? Get a sprouting book. Get Ann Wigmore's *The Sprouting Book*, \$8, Avery Publishing, ISBN 0-89529-246-7, 116p, 1986. I pile sprouts on my salads.

Drug Reactions

A recent study showed that doctors are just not bothering to report adverse reactions to drugs. They found that only one in 24,000 adverse reactions were reported to the appropriate monitoring agency! This certainly contributes to the growing number of patient deaths from adverse reactions to drugs.

Take Cory Christen, a seven-year old in Houston. He was placed on Imipramine for his attention deficit disorder and dropped dead from a heart arrhythmia side-effect caused by the drug. His doctor would have done a lot better if he'd asked Cory's mother to stop feeding him sugar or anything with NutraSweet in it.

Nicotine

If you are still smoking I'm on your case. Maybe you've read about the California EPA report that secondhand smoke is killing thousands of people every year? I think of this every time I see a smoker in a car with a defenseless family being slowly poisoned. There's something about driving that seems to force smokers to light up. The EPA estimates that secondhand smoke causes 3,000 cases of lung cancer a year in the US, 62,000 heart disease deaths, 2,700 sudden infant deaths, plus asthma, bronchitis in children, low birthweight babies, cervical cancer and spontaneous abortions.

Smoking pre-conception has been shown to alter the sperm and

ova, thus causing birth defects—most not immediately obvious. Smoking by the mother during pregnancy further deforms the baby and lowers its IQ for life. Shouldn't that count as actionable child abuse? Maybe, if my parents hadn't smoked, I might not have done some of the really dumb things I've managed to do.

Prospective employers can easily find out if job applicants smoke just by getting into their car for a moment. And why should an employer care if an employee smokes? Well, there's the lost working time when they're outside smoking. If they only smoke eight cigarettes during a working a day that's around 80 minutes out of the day, shortchanging the company by 17%. But much worse, anyone who obviously cares little about taking care of themselves—who is so self-destructive—is not likely to have a lot of interest in the welfare of the company. This person is not likely to be an asset. As I've mentioned, my worst employee nightmares have been caused by smokers. This isn't the story of my misfortunes, so I'll spare you the horror stories, and I have some corks. It cost me millions to learn not to hire smokers. Oh yes, smokers are out sick much more than the others and can seriously run up your medical insurance rates. One more thing: if they're young and smokers, they are also really, really stupid.

I was one of the first employers to ban smoking in the work place, over 30 years ago. "Can you do that legally?" I was asked. Yep, I could, and did. I also encouraged employees to bring their dogs to work, if they wanted to, and nursing mothers to have their babies with them, so they could breast feed them.

One more item. A recent study reported that 50% of the men over 40 who smoke suffered from impotence, and 30% from a hearing loss. I SAID A HEARING LOSS.

If you watch the older movies you'll see that almost everyone in them was smoking—and almost all of 'em died in their 50s and 60s. Now days, when you see someone in a movie light up, you know that this is going to be a bad person. Only the villains smoke. Remember the smokers in *Waterworld*?

Alcohol

Maybe you missed the report in *The British Medical Journal* about

beer? They said that people who regularly drink a six-pack have six times the rate of heart attacks as people who quit after three beers. They also found that the six-packers are more likely to die from violence, accidents, poisoning and suicide. Golly, that sure was surprising. Not.

Coffee

Any time you think caffeine isn't an addictive poison, just try to stop it cold turkey and see what happens. And, yes, it's a poison, though a slow one.

If you're addicted, look for *Kicking The Coffee Habit*. I'd advise kicking the addiction right now, instead of waiting until you're in the hospital ER. One system is to do a ten-day taper off, with one cup in the morning and then a few sips of soda pop in the afternoon if the headaches get to be too much. Mountain Dew is loaded with caffeine, as is Coke.

If you can stop putting poisons into your body for a few weeks you'll be amazed at your body's ability to repair the damage you've done. Wait'll you see what it feels like to get up in the morning, rarin' to go, with a great outlook on life and plenty of steam. No depression. No tiredness, and a head bursting with good ideas.

Or you can drink coffee all day long, get diabetes, and die young. Your choice.

EMFs

There's another poison, one which is much more subtle (and controversial). This has to do with electromagnetic fields from power lines and cell phones. The power industry has been working vigorously for years to downplay the dangers of living or working near the electrical fields which surround their power lines, transformers and switching stations.

Paul Brodeur exposed what was going on in his 1993 *The Great Power Line Coverup*. Paul's the guy who blew the whistle on the dangers of asbestos, which that industry fought for years, complete with well paid scientists seeing no connection between the illnesses

resulting and the cause. Like those tobacco executives who testified that they personally had seen no convincing evidence of any dangers from smoking, or any evidence that it was addictive. Brodeur named the scientists and how much the power companies had paid them to insure their blindness.

I first read about it in a Brodeur article in *The New Yorker*. I then found that the world's leading researcher in the field was a fellow ham, Ross Adey K6UI, so I contacted him and was rewarded with file boxes of scientific studies showing a clear connection between EMF exposure and many diseases. It sure *does* affect the immune system, and that, in turn, lets a host of chronic illnesses get going.

Ross sent me videos of many cases of police officers with cancers at the exact spot in their head where their car radar units were mounted behind their shoulder. Coincidence? Sure, a whole bunch of such identical coincidences.

It turns out that our cells communicate using both chemical messengers and electricity, thus any magnetic field nearby can interrupt this communication, so it's not surprising that children, whose cells are reproducing faster than adults, are more prone to developing cancer (leukemia) when they are going to school or living in high magnetic field areas.

There are several more excellent books on the subject—such as *Electromagnetic Man* by Smith and Best. It's reviewed in my *Guide*. You'll also find *Cross Currents* by Dr. Becker, which I mentioned earlier, most interesting.

After boning up on the dangers of EMFs, I invested in some EMF meters (miligauss meters) and checked my home. One check of the heavy duty magnetic field from my electric blanket retired that health menace forever. I now use a blanket and a comforter to keep warm. That bugger had about 150 times the maximum miligauss field that Ross has found acceptable. Well, you can safely use an electric blanket to warm up your bed before going to bed, but then make sure you turn it off.

If you're going to use a cell phone I recommend getting one of the bag types rather than the kind you put up to your ear. Put the antenna on top of your car, using a magnetic base and run some coax up to it. This will give you a much greater range and stop you from burning

out your brain cells. No, an occasional blast of RF won't do much damage, it's the frequent phoners who get brain cancer. It's cumulative. Yes, I feel a little guilty, since it was my publications that made cell phones happen.

If you want to learn more about all this I have a reprint of Ross' testimony before a Congressional hearing on the dangers of radar units and cell phones. It's my booklet #34 and costs \$3.

If you don't want to use a bag phone, at least do as the manufacturers of cell phones do and use an earphone so you can keep the antenna away from your head.

NCI Disinformation

Did you get sucked in by the National Cancer Institute stories claiming that there was no evidence that power line electromagnetic fields increase childhood leukemia risks? A couple of my readers "proved Wayne wrong" by sending me newspaper clippings on the NCI releases. If the reporters had read the fine print in the NCI release they'd have found four places where they admitted that there was a statistical increase in acute lymphoblastic leukemia in children exposed to power line magnetic fields in excess of 3 miligauss. Researchers dismissed as a fluke a 24% increase in leukemia risk for children exposed to high magnetic fields.

If you don't want to spend the money for a miligauss meter you can use the dowsing technique of testing for harmful magnetic fields by having someone push your extended arm down. Using this system it has been shown that you can detect EMFs as weak as 0.2 miligauss.

Yes, dowsing really works, though I suspect that only I have a clue as to why. You can come up to speed by reading the books I've reviewed in my wisdom guide by Owen Lehto, Chris Bird and Bevy Jaegers. Absolutely fascinating stuff.

I've an outrageously overpriced (\$3) *Dowsing* booklet that I've written (#86). It ties together what you'll learn from the plants and human cell books, explaining how and why dowsing really works. I also include a chapter on super-organic food which covers twelve ways to make plants grow better and faster. And a chapter on our school system as I believe it will be by 2020.

Wayne's Wrong!

Well, that's what a lot of readers said when I wrote about EMFs. They put me down as just another fanatic eco-nut. After all, they've been saying, if there was any real problem the Health Department or the EPA would have acted long ago. Sure, like they've whipped into a frenzy of action in the case of cigarettes, which are a long-proven cause of sickness and death. Heck, cigarettes kill more Americans every year than AIDS, illegal drugs, automobile accidents and murders combined. But is that enough to warrant action? Not when the tobacco industry has bought and paid for a bunch of Senators, it isn't.

Well, the Congressional brakes have been on when it comes to EMFs also, with the power companies facing hundreds of billions of dollars in expense in meeting any reasonable magnetic field limitations.

Thus I was surprised and delighted to read a report from the National Council on Radiation Protection and Measurements (NCRP) committee which calls for strong action to stop the exposure of the US population. It endorses a 2 mG exposure limit to take effect immediately for new day care centers, schools, playgrounds and new transmission lines near existing housing. And it would be phased in more slowly for existing schools, housing and businesses.

The report was funded by the EPA and has been claimed by them to be "the first comprehensive review of the world's literature on EMF health effects."

The government's past field strength guidelines have been set at 10,000 mG for a few hours a day for the public and 5,000 mG for the constant exposure by workers, so the new guidelines lower them by over a thousand times! Hey, are you really still using your electric blanket?

It's an 800-page report, so I won't cover it in depth. But, in essence, what I've been saying about the exposure to magnetic fields has been right on the money and with no exaggeration. The report shows that there is "a positive association between childhood cancers and exposure to EMFs generated by electric power transmission and distribution systems."

The action of these fields on the faster-growing cells of children and unborn babies (known as birth defects and IQ loss) is more evident; but there is plenty of evidence that the slower-growing cells of adults are also affected and the effects are not in *any* way beneficial. This is just one more case of an insidious slow poison that wasn't around a hundred years ago.

So, compare this report with the recent rash media baloney saying that EMFs have not been proven to be dangerous. Don't the power companies wish! But the power companies advertise in our newspapers, on the radio and TV and their lobbyists have been bribing the heck out of our Congress, so they tend to control the media and the government. If they would spend a little of the money we're paying them for power to help develop cold fusion power generators instead of PR aimed at staving off the inevitable, we'd have much cleaner air, cheaper electricity and we wouldn't be leaving a planet stripped clean forever of fossil fuels for our children's children.

Of course, once cold fusion power has been developed we can get rid of all those power lines and towers as well as cutting our power and heating costs by about 90%.

We're seeing a replay of the cigarette and asbestos episodes in our history. For a while it looked as if the FDA might be able to get into the act. And I'm no fan of the FDA. With 95% of our FDA approved drugs never proven to be effective (bet you didn't know that!) and no efforts at all to check any alternatives not coming from the pharmaceutical industry, the FDA is a tyrant which seems to be hurting us far more than it's helping. It is clearly a stooge for the pharmaceutical and health insurance industries and in bed with the AMA, which is not famous for its ethics.

Hmm, I can see the headlines now, "Wayne Green shot by unknown assailant." Or maybe it'll be a heart attack, which seems to be the government's latest way to quiet troublemakers. That's what's been happening to the NASA whistle blowers.

Now, if you still disagree with me about EMFs and you're not doing it out of ignorance, then let me see your data. I've been doing my homework on this for quite a few years and the NCRP chairman is a good friend of mine.

Cell Phones

As with the asbestos industry, followed by the tobacco industry, the cell phone industry seems to be doing its best to hose down the crescendo of scientific reports of damage their product is causing.

I'm looking at a report by Nick Begich and James Roderick with 91 reliable references, and the conclusion of scientific research reported from Europe, Australia and U.S. scientists all add up to the same conclusion: those little cell phones are truly dangerous.

The reports confirm that using cell phones, and even portable phones, are causing memory loss (short and long term), premature aging, brain tumors and contributing to Alzheimer's, Parkinson's and multiple sclerosis. It's causing headaches, dizziness, fatigue, confusion and DNA damage. Dr. Ross Adey stated that "Children categorically should not be encouraged or allowed to use cell phones." Ross is one of the world's leading researcher in this field. Oh yes, another problem, it reduces one's sex drive. The more radiation, the less testosterone released by the body's glands and the lower the sex drive. What a eunuch situation!

The cell phone industry, as we've seen with tobacco, has been doing its best to cover up these reports, obfuscate and point to thousands of irrelevant scientific reports as proof that there's no danger.

In tests with rats exposed to cell phone radiation it was found that their memories were substantially impaired. Rats that had been trained to find a platform in a dish of water no longer remembered where to find it. The control group had no problem.

Considering that our brains work on minute electrical impulses, the proximity of a few watts of radio energy would be most likely to burn out a bunch of circuits.

Allergies

Until you start reading about allergies you probably won't believe how much trouble they can cause. Everyone's body chemistry is a little different, so it's prudent to check and see what your body is allergic to. The test is so simple you can do it yourself. Or, better yet,

you can spend the \$5 for Dr. Coca's book, *The Pulse Test*.

The pulse test is much more sensitive than the scratch test when it comes to checking for allergies. What you do is rest for a while and measure your pulse rate. Mine runs around 58 per minute. Then you eat, drink or sniff anything you want to test. A quarter and a half hour later you check your pulse rate and see if it's gone up. It's that simple.

When I was a kid and came down with hay fever not long after getting the usual government required childhood inoculations, the doctor did the scratch tests to find out what I was allergic to. He scratched my arm and put solutions of various things on the scratches. If the scratches turned red and swelled up, I was allergic. Wow, was I allergic! Almost any animals, pollens, trees, cheese, mustard and so on. Ragweed, goldenrod, the works. Fortunately for me that was before they started giving shots for allergies. And before Kleenex, too, so during hay fever season in the fall I'd run through 20 or more handkerchiefs during a day at school and yards of toilet paper at home at night. Every day.

I'd won the genetic prize. My grandmother was allergic to plants and pollens. My father to animals. I was allergic to everything—but none of it ever kicked in until I got my childhood inoculations.

I haven't had any problem since I moved to New Hampshire. The air is clean up here and there aren't many ragweed bushes. New Hampshire is mostly forests. Rebuilding my immune system probably has contributed to my total absense of hay fever in recent years.

But it pays to find out what things you're allergic to and avoid them. That'll help keep your immune system in much better shape. But please spend the \$5 and get the Dr. Coca book.

You'll also want to read Dr. Doris Rapp's book, *The Impossible Child*. She shows how allergies to foods, pollens, dust and so on can seriously affect children's behavior. Children called dumb, lazy, nasty, rude, hyperactive, with attention deficit disorder, irritable or slow are often reacting to a chemical sensitivity which can be eliminated.

In these days of kids killing kids we need to pay more attention to not poisoning them with allergy-producing substances, feeding them sugar, depriving them of UVs, and then trying to treat the resulting behavior problems with drugs like Valium, Prozac, Zoloft, Luxor, Ritalin, and so on, all of which have well-documented histories

of inducing mania. And this applies to adults too, although we don't seem to get nearly as upset when adults kill people as when kids do.

Well, heck, we see adults killing each other every night on TV, so what's the big deal? If the networks would give us more kids killing kids shows, maybe we'd stop fussing so much about schools forcing kids to take Ritalin.

Mercury

More insidious is mercury poisoning. We get this into our bodies mainly from dental amalgam, which is 50% mercury. That's the stuff many uninformed dentists still use to fill teeth, and it's a dead-dead-deadly poison. Worse, the mercury gradually seeps out of your fillings into your body and into your brain. I watched a documentary video of a woman who was crippled in a wheelchair with multiple sclerosis. Dentist Hal Huggins replaced her amalgam fillings with plastic and a few weeks later she was out playing tennis. The American Dental Association, insisting that the mercury in dental amalgam was harmless, had his license revoked.

A study of over 2000 MS patients showed that 98% of them had mercury poisoning. Well, one of my grandmothers (I had two) died of MS, after withering away for years, so I have a special interest in it. Get Huggins' *It's All In Your Head* and wise up.

When I mentioned this poison during an Art Bell interview Art got really upset with me. He explained that his dentist, in whom he had complete faith, had assured him that the mercury in his fillings could not possibly hurt him. I clearly lost a lot of Art's respect because he believed he had found me wrong.

Then two different dentists called in, both saying that I was absolutely right. Well, I really hate being wrong about anything, so I try to do my homework thoroughly before writing or talking about something. When I was a kid my family made a big deal out of someone being wrong. Every night the dictionary would come out to verify the use or pronunciation of words. This instilled a pattern of my really hating being wrong...and making damned sure I'm not.

Also, please send \$8 for Dr. Gerald Judd's *Good Teeth, Birth to Death*, 6615 W. Lupine, Glendale AZ 85304, 602-412-3955. Do not

fail to do this. Say hello from Wayne.

For those of you who still believe in doctors and dutifully go to get your flu shots, I'm sure you haven't read what Dr. Hugh Fudenberg, the world's leading immunologist (850 papers published in peer reviewed journals) has said about them. He's found that anyone who had five flu shots between 1970 and 1980 had a ten times higher chance of Alzheimer's than if they had one or none. How come? He attributes it to the mercury and aluminum that's in every flu shot, which then migrates to the brain. I'll bet you didn't know that just by removing the amalgam fillings from some Alzheimer's patients teeth that they've fully recovered.

Just recently it was revealed that *all* vaccinations use aluminum and mercury as carriers. Lordy! We get aluminum from pots and pans, shots, underarm deodorants, beer and soda cans, and even from some of the chem trail sprays! Is it any wonder that our nursing homes are filling up with memoryless veggies, suffering from Alzheimer's, which was virtually unknown a hundred years ago?

I wonder, if President Reagan had his amalgam fillings removed if he might be able to recover—maybe run again and save us from another round of Bore and Gush. Tell Nancy.

Root Canals

I also mentioned on the show the danger of root canals and one of the dentists calling in confirmed that too. I got a letter a few days later from Dr. Meinig, the chap who wrote the book, *The Root Canal Coverup*, thanking me for recommending his book to the Bell listeners. Yes, of course it's reviewed later in this book.

It turns out that teeth that have had root canals are, from then on, sources of infection (poison) which slowly seeps into your body. Dr. Meinig pointed out that research with rabbits had proven this. People's teeth which had had root canals were extracted, ground up, rinsed with distilled water, the solid part filtered out and the water then injected into rabbits. They then came down with the same chronic illness that the tooth owners had.

Of course the American Dental Association knows all this, but the fear of law suits from people made sick or the families of those killed

has kept all this a secret. Many (most!) dentists are still unaware of the dangers and continue to use mercury fillings and do root canals.

Yes, there *is* an alternative to yanking a dead tooth. It's to go to a dentist with experience in filling root canal teeth with a calcium oxide mixture such as Biocallex. This, unlike the time-dishonored system, seals off the millions of microscopic tubules which our teeth are made of, preventing microbes from flourishing in them and continuously dumping poisons into our system, helping to compromise our immune system.

Death By Government

The more I read about the things our government is doing to us, the more discouraged I get. Not just that it's happening, but that we, the people, let it happen in the first place and then, even after we find out about what's happened, we don't make any effort to stop it. Hardly a peep.

Why is our government allowing our dentists to continue to put mercury in our mouths and our children's, even though it's a deadly poison. Dental amalgam is 50% mercury! This stuff is causing terrible health problems for millions of people. And then there are vaccinations and the trail of death and sickness they're leaving, with there not being one shred of scientific proof that they work. If you have a religious-like belief in immunization, you'll hate the exposé by Walene James, and by Harris Coulter in *Vaccination*.

When I was a lot younger I remember the fight a few extremists put up against our city governments fluoridating our water. Bunch of kooks, we were told by the media. Well, I know you're not going to believe this, but it turns out the kooks were right for a change. What a concept! There are any number of scientific studies which show that (a) fluoridating us does not help fight tooth decay and (b) that fluoridation is doing everyone exposed to it harm.

Sure, only a small percentage of the children who get their teeth swabbed with a fluoride solution by dentists or their dental assistants die from it. I suppose that's an acceptable loss as long as it isn't your child. And it's not enough so the doctors can't cover it up to avoid law suits.

In areas where the water has been fluoridated the cancer rate has increased substantially. In high fluoride areas people age prematurely, their teeth drop out and their bones get very brittle. Even minor shocks can cause a hip fracture, which in an elderly person is virtually a death sentence.

How about the three year old child who had his teeth swabbed at a clinic. The nurse gave him a glass of water to rinse out his mouth and turned away to gossip with someone. The child drank the water and was dead in a few hours.

There goes Wayne with his hyperbole of gloom and doom, right? Hey, don't believe me. But do read *Fluoride, The Aging Factor*, by Dr. Yiamouyiannis. He's got all the research data there for you. I'm not exaggerating, I'm understating the situation. Yes, your government is, in many cities, pouring this poison into your water supply. And this poison is not only causing a wide range of illnesses, it is also causing chromosomal damage which is then passed on to the next generation. And the next. Cities and towns are adding from 0.6 ppm to as high as 8.0 ppm of fluoride to your water. How come? It's a multibillion dollar business, that's how.

How do you get away from it? A still in your home helps. I've been drinking distilled water for some time now and have my own still. How about Coke? The stuff is packed with fluoride (2.56 ppm). So is Diet Coke (2.96 ppm, and it only takes 0.5 ppm to cause serious trouble). And it has aspartame to further derail your body's ability to cope with life. Even regular Coke has some aspartame!

A reader sent me a report on water fluoridation research. It turns out that even a tiny amount of fluoride in the water tends to leach out lead, copper and iron from water pipes, increasing their toxic effects. In fact, the total toxicity of the combinations is much greater than their sum. Sodium and aluminum fluoride cause irreversible memory loss, dyslexia, behavioral and learning problems. Just what your kids need, right? Of course we're "solving that problem" by sedating 'em with Ritalin.

Fluoride exposure during pregnancy retards brain development, significantly lowering the child's IQ. That what you want? Life is tough enough without prenatal brain damage. I wonder how much our fluoridated water has contributed to the SAT drop?

I don't want to turn this book into an in-depth report on things that other books cover much more thoroughly. I just want to wave the red flag and point you toward learning more and not docilely accepting what our caring government and the big money industries which guide and drive it, do to you.

Fluoridation - II

Yes, fluoride can marginally help children's teeth. But what about the downside toxic effects the ingestion of this poison has, such as hardening of the arteries, increased brittleness of the bones and the effects on the brain? A recent study from the Department of Toxicology, Forsyth Research Institute, the Department of Pediatric Dentistry, Eastman Dental Center, and Veterinary Diagnostic Laboratory, Iowa State University has confirmed the public health malpractice and quackery many doctors have been concerned about for years.

The report cites Chinese scientists who found that a fluoride dose of only 3-11 parts per million (ppm) could effect the nervous system directly. This is well within the amount of fluoride millions of us are getting in our municipal water supplies. Add to that, fluoride in toothpaste and mouth rinses and in our cola drinks, commercial beverages, dietary supplements and even in everyday food.

Another Chinese study showed that fluoride affects our attention spans. American researchers had to make do with rats for their experiments, but they found that fluorides caused serious behavioral disruption in rats. Prenatal exposure caused cognitive thinking and drug-induced types of behavioral defects. Worse, they now suspect that fluorides, possibly in conjunction with aluminum, could be the root cause for the recent enormous increase in Alzheimer's disease. Right now about one old person in two can look forward to that horror! It turns what once were vibrant, alive people into almost totally memoryless vegetables.

The study concluded that fluoride levels acceptable to health departments and dental organizations can cause motor dysfunction, serious IQ deficits and learning difficulties in humans. Just what we need to add to our worst in the developed world school system and endless child debrainning via television pap.

One other downside of fluoridated water is that it mottles teeth. Just recently a group of people in England sued Colgate for the mottling of their teeth caused by the fluoride in their toothpaste—and won! Colgate settled out of court for about \$2,000 each.

What to do? Avoid fluoride toothpastes, drink only certified fluoride-free bottled, or better yet, distilled water, put filters on your showers (call 800-728-2288) and get busy starting a political action group—or joining one, if there is one already. Oh yes, one more thing, if it's too much bother for you to avoid fluoridated water, then you'd better start looking around for the nursing home of your choice for when Alzheimer's sets in and turns you into a mindless veggie strapped all day to a rocking chair—like my mother was.

If you think I'm exaggerating, look it up in Vol. 17, #2 1995, *Neurotoxicology and Teratology*.

If you send me a #10 SASE and \$5 (as I mentioned earlier) I'll send you a copy of the results of 30 research lab reports of genetic damage caused by fluorides, plus a list of 35 published peer-reviewed papers attesting to the genetic damage. These research reports show clearly that as little as one part per million of fluorides in drinking water causes measurable genetic defects in sperm chromosomes and that means some sort of genetic defect will be passed along to your children. And this is not going to be helpful. This can mean small or large birth defects and IQ deficits, none beneficial. And these will in turn be passed along to their children. Is that really what you want?

I started out buying gallon bottles of distilled water from the drug store, now I recommend you get the \$120 unit from www.steamdistiller.com.

You've read about the decreasing sperm count in American men. Well, fluoride in the water supply has been shown to do this. It's a deadly poison and helps knock the stuffing out of your immune system.

And yes, I'm well aware of the promotion fluorides have gotten, and how it's so wonderful for children's teeth. So, am I an alarmist, or have I got the facts to back me up?

There's the two Chinese studies I mentioned which compared children in areas with high fluorides in their water with those with low. These studies showed a substantial decrease in IQ for children drinking high fluoride water. Or a study of 39,000 American school

children from 5-17 which showed that children drinking fluoridated water had almost identical rates of tooth decay compared with those in unfluoridated areas.

Distill your drinking water and stop poisoning your body. Just because some big aluminum companies have found a wonderfully lucrative market for their industrial waste is no reason for you to sucker into drinking their garbage.

I don't know if you care how smart your kids are, but would you knowingly help dumb them down?

It doesn't come under the heading of health, but in my research I've discovered a series of ways parents can increase their baby's IQ by from 40 to 50 points just by knowing what to do at what time in the baby's development. Like the mother eating a diet high in fish and liver during the third prenatal trimester and continuing this for the first three months after birth being good for an average extra 8 IQ points. When I get some time (that's a laugh) I'll write an instruction book.

Fluorides III

Yes. I keep writing about the fluorides in our water every time I get more information on the subject. And every new piece I've been getting has been bad news.

Okay, what's the rationalization for adding fluorides to our drinking water? It supposedly in the result of a Public Health Service (PHS) study in the 1930s where they found that the mottling of teeth (fluorosis) in some cases coincided with lower rates of tooth decay among children. However, since some cities with higher fluorides in their water had higher rates of decay, the PHS did another study which ignored those cities, thus completely biasing the study.

In 1945 Newburg (NY) was set up for a dental and medical study with Kingston (NY) as the control. By 1960 dental decay was lower in Kingston than Newburg, but fluorosis rates in Newburg were twice as high. The results of some of the tests were suppressed so we don't know just what they found. It did leak out that the cervical bone abnormalities of Newburg boys were twice those of Kingston, and that the onset of puberty for girls in Newburg was advanced by five

months! Later studies have confirmed that rats fed fluoridated water develop higher rates of bone cancer.

The widespread fluoridation of our water supplies might well be connected to the continuing advancement of puberty in girls and dropping sperm counts in men.

Fluorides have also been shown to cause memory lapses, confusion and an inability to concentrate. People with these problems who change to drinking distilled water have been finding that these problems soon go away.

Studies with animals have shown that those given fluorides tend to be more passive and less alert. And prenatal exposure led to hyperactive newborns. So give 'em Prozac—what's the problem?

Recent studies in Tucson showed that there was less tooth decay in areas with less fluorides in the water. They found the same in studies in New Zealand, India and China.

Experts are now saying that children under three should not be using fluoridated water, beverages or baby formula.

Dr. Yiamouyiannis covers the subject very well in his book, *Fluoride, The Aging Factor*, which is reviewed later.

By the way, in addition to adding fluorides to our drinking water, our water supplies are also treated with alum or aluminum sulphate to make it look cleaner. When you have aluminum in the water it clings tightly to the fluorides and is easily absorbed into the blood stream, where it easily goes across the blood-brain barrier. An NYU study with rats fed this water showed after 48 weeks brain cell disturbance as well as liver problems.

Despite everything that has been learned from studies we're still seeing cities deciding to add fluorides to their water supplies...and the California legislature even mandating it! Well, it's a great way to sell a hazardous manufacturing waste product that would otherwise be expensive to dispose of.

Chlorine

It's another very powerfully reactive element which is causing us untold miseries. It's used to kill off bacteria in our water supply. That's fine, but it's terrible stuff to drink. I remember in my college dorm

that when we'd turn on the hot water the steam coming off would smell strongly of chlorine. Read the book, *The Choice Is Clear* by Dr. Banik and you'll never drink unfiltered or undistilled water again. The book is only \$2.50 and it could save your life.

Yes, we need to disinfect our city water supplies to keep all sorts of diseases from being spread around. So, how about using hydrogen peroxide? Read the \$13 *Hydrogen Peroxide, Medical Miracle* by Dr. William Douglass. This not only kills germs, the stuff is good for our bodies. The Olympics won't allow chlorinated swimming pools to be used for their events, only those disinfected with hydrogen peroxide.

We don't want chlorine in our bodies. So distill out the chlorine, fluorides, and all that lead, copper, or other toxins that are coming through your pipes.

As I mentioned, our bodies are packed with friendly bacteria. Indeed, we can't live without 'em, so the last thing we want to do is kill 'em off with daily chlorine baths.

Shots By Quacks

My work with a new model of how the mind works and how to repair it, 53 years ago, got me interested in researching the various schools of psychiatry, psychoanalysis and hypnotherapy. Using this new approach I found I was able to quickly diagnose and repair just about any kind of mental problems. And that was something no other system of mind repair came even close to being able to do.

If you've read much of the literature, you know that in every careful test, none of the mental repair systems currently in use are able to do any better than just giving people tranquilizers. The whole psychiatry business is expensive smoke and mirrors, promoted to a gullible public as a science.

Okay, so I knew the psychologists and psychiatrists were humbugs, but I still had faith in medical doctors. This faith was badly shaken as I read more and more about alternatives to the establishment's use of drugs, radiation and surgery to tackle the symptoms of illness. Doctors aren't even taught in medical school what causes illnesses or how to avoid or cure them by stopping the causes.

Then I found *Immunization, The Reality Behind the Myth*, by

Walene James, 285p, ISBN 0-89789-360-3. It's a very well researched book and it explained a lot about my own health problems. And maybe yours. You are so thoroughly inculcated by the media in the reality of vaccinations that you'd better read the book. I know you're not going to believe me when I encapsulate what it says. I really hate finding out that once again I've been a grade A sucker.

The bottom line is that not only don't vaccinations do any good, they're doing incalculable harm. The theory itself is baloney, and the billions of dollars doctors and pharmaceutical companies are making is nothing compared to the later costs resulting from the damage done. Yes, I know about the diseases which mass vaccinations are supposed to have eliminated. So does the author. That's been a huge con job. Read the book and stop trying to argue with me. Stop automatically believing doctors!

I was a healthy youngster until I had my first vaccination, which was required for me to enter school. Soon afterward I got sinus trouble and for almost ten years, despite nose drops of Neosilvol and Ephedrine several times a day, I was unable to breathe through my nose even for minutes during those years. When I was seven I suddenly developed massive allergies to animals, foods, trees, pollens, and dust. Hay fever, asthma, the works.

These are common results of the destruction to one's natural immunity system caused by vaccinations. Wait until you read the list of problems vaccinations can cause! They kill a small percentage of kids outright. Doctors claim this is an "acceptable loss," considering all the benefits resulting. Others suffer hyperactivity, autism, attention deficit, dyslexia, multiple sclerosis, cancer, leukemia, arthritis, polio, diabetes, meningitis, tuberculosis, smallpox, chicken pox, obesity, bulimia, thyroid damage, sexual disorders, etc.

Before the smallpox vaccine was discovered there were almost no cases of smallpox in Japan. Then they instituted compulsory vaccinations. This resulted in 165,000 cases of smallpox and 30,000 deaths. During the same period in Australia, where they did not have compulsory vaccinations, there were only three deaths. I'm not sure that's really enough to get anyone to think.

And how about cancer specialists in Canada, the US and Britain who point to a definite link between the polio vaccine and cancer?

By the way, the polio vaccine has killed far more children than the disease ever has when unassisted by the vaccine. Oh, just read the book and let's see if gets you to think for yourself.

I'd ascribed the change in family values to Dr. Spock's teaching the baby boomers not to discipline their children. But it could be that childhood vaccinations, plus later booster shots, are also a culprit. They have a tendency to make people more short tempered and resistant to change. This could help explain our soaring divorce rate and ignored children. "Go watch TV in your room and shut up."

As I've mentioned in my *WWII Submarine Adventures* book, the Navy doctors came very close to killing me with a tetanus vaccine. It was only my own caution and firm resolve that saved my life. They were really pressuring me to have the anti-tetanus shot and it undoubtedly would have killed me. Thousands of people have died from vaccinations and hundreds of thousands have gotten seriously ill.

If you knew that permanent illness or death was a real possibility for your children, would you still voluntarily let them get those shots? Maybe you remember the Miss America who was deaf as a result of a childhood vaccination? Probably not. And her sister lost much of her hearing too.

There are endless reports of brain damage resulting from vaccinations, but not one report of brain enhancement. Yes, of course they are mandatory and the government will put you in prison if you refuse to have this poison injected into your body or try to keep your children from being permanently poisoned—unless you know how to get around the laws.

But please don't take my word for it. Read the book and the overwhelming substantiation of every aspect of this, complete with the truth about all the lies used to force vaccinations on us. They don't work. They have not played any significant part in the reduction of any diseases anywhere in the world. They are a giant multibillion dollar pharmaceutical scam that is doing us all terrible damage.

Hey, maybe you can get your doctor to read the book. He's probably just as brainwashed about vaccinations as you have been. But then many dentists are by now aware of the serious damage putting amalgam fillings in your mouth can do to you and they're still using 'em, and their patients are being slowly poisoned as a result.

Maybe you've read that the famous Gulf War Syndrome has been traced to shots given our troops. Mandatory shots of an untested new anti-anthrax vaccine. Of course the Pentagon is denying everything and has destroyed most of the records, but maybe you've heard Joyce Riley on Art Bell's show nailing the military on this one. And so has Dr. William Douglass, who has one of the better alternative health newsletters.

Dr. Douglass' book claims that the so-called Gulf War Syndrome is just the reaction to the compulsory barrage of shots all our combat troops were given before heading to the Middle East. The soldiers from the European countries did not get these shots and have not reported any of the resulting illnesses. The military did not make any tests before giving the shots, so it's no wonder they have deaths and a wide array of other bad reactions. And once your blood is poisoned through by-passing its defenses against these viruses and germs, you can never unpoison it again—unless you use a blood purifier. More about that amazing discovery later.

If the conspiracy theorists are right who claim that Muslims have over a hundred eleven-person groups around America which are getting ready to spread anthrax in order to kill at least 200 million Americans within a few days, you're going to want to have an industrial strength immune system up and in operation. Just in case. There's certainly little we can do to stop such a terrorist attack. Remember the WTC.

As I mentioned on the Coast-To-Coast AM show last year, it makes sense to me that the CIA is behind the spraying of our cities with those chem-trails as a way to partially immunize us against an anthrax attack. Their unmarked planes have been criss-crossing our skies all around the country on clear days laying down spreading trails which have tended to make people a little sick.

The disinformation that the chem-trails are made of aluminum particles designed to reflect the sunlight as a way to combat global warming doesn't cut it. If they were spraying over the oceans, maybe. But they're only spraying heavily over cities.

Autism & Vaccinations

The *60 Minutes* segment on autism was interesting. You remember

Rainman. Did you know that before vaccinations that autism was almost totally unknown? As were hyperactivity, dyslexia and learning disabilities in children.

Did you know that in a double-blind test that the polio vaccine caused twice as many cases of polio as it prevented? According to the CDC, 87% of all polio cases between 1973 and 1983 were caused by the vaccine.

Between these compulsory poisons which are helping to fry our brains, the flowering drug culture and our worst-in-the-developed-world schools, kids' SATs are way down—and sinking further. The government's approach to solving this problem has been to lower the bar so it doesn't look so bad.

If you'll read a couple of the books I recommend you'll learn that sugar and white flour are almost as destructive to your body as they are for your car if you put them in the gas tank. No wonder our police are causing so many problems on their Dunkin' Doughnuts and coffee diet.

Five recent studies show that the measles-mumps-rubella (MMR) vaccination can cause autism and Crohn's disease in children. Is that a gamble you're willing to take with your kids and grandchildren? These are not very dangerous childhood diseases which, if allowed to happen naturally, protect the kids from getting these diseases later on when they can be much more serious. I had the measles at four and the mumps at 10. Both made me sick for a few days. The only thing I remember about the mumps was when we were living in Washington DC and from my bed was watching the airplane flying over and describing on the radio FDR's 1933 inaugural parade. A radio broadcast from an airplane was most unusual in those days.

Well, you probably say, since you are annoyingly argumentative, at least the vaccination will protect you from these diseases when you're an adult. Oh yeah? A recent outbreak of measles in Greece put 79 adults into the hospital and 76 of them had been immunized.

The fact is that any vaccination can have long lasting unforeseen results. But can I get you to read Walene James' book on the subject? Not when there's a Broncos' game or something on, right?

A reader sent me a McDonald's place mat extolling the importance of immunization and giving the ages at which children should be

given shots, citing the National Medical Association and the National Council of La Raza, whatever the hell they are. Are they fronts funded by the pharmaceutical companies? I sure hope you do your homework on this one and at least read the Walene James' book. If this book isn't enough to turn you into a religious fanatic opposed to immunization, then read Coulter's *Vaccination: The Medical Assault on the American Brain*.

We spend 30-40% more on "health care" than any other country in the world, yet we have 40 million people with arthritis (a nutritional disease), 15 million with asthma and over a million new cancer cases annually, of which 93% will be fatal. And the situation is getting worse, not better!

Until mass immunization of our kids came along, hyperactivity was almost unknown. Now we have millions of hyperactive kids, so we drug them with tranquilizers, frying their brains and then we wonder why the SAT scores have been plummeting.

What *can* you do about it? Well, if one 13-year old kid can make a world-wide fuss over child labor, complete with an interview on *60 Minutes*, you too can move mountains. Arm yourself with the facts and then get busy. One way to have a good chance at being able to change things is to run for your state legislature. That will give you access to the media and an opportunity to make a difference.

Or have your brains been deep fried too?

For any of you who think I got carried away by the Walene James book on the dangers of immunization, there's a six page article in the Oct-Nov 1997 issue of *Nexus* magazine confirming these dangers and backing up James' reports of her research. I was offered a flu shot the other day. No-o-o thanks! I prefer to eat right and keep my immune system strong so it'll reject colds and the flu.

If your children's school is insistent about vaccinations just refuse to sign their release of responsibility form. If they know they are going to be held legally responsible for any problems caused by vaccinations, they'll back off. All you have to do is say that you are responsible for the health of your child. The James book gives some good references on other strategems for your children to legally avoid shots.

What a mess!

Vaccinations II

Is it my ignorance that's making me more and more upset over vaccinations? Or is it yours for believing in them? Oh, I'd read bad things about vaccinations, but it wasn't until I read Walene James' book that I understood how dangerous vaccinations can be.

In Harris Coulter's *Vaccinations, Social Violence and Criminology, the Medical Assaults on the American Brain* the author makes a solid case for what vaccinations have been doing to our people. He documents widespread brain damage resulting in developmental disabilities and sociopathic children. He estimates that about 20% of our children are damaged to some degree by vaccinations.

This damage includes sub-average IQ, vision problems, dyslexia, loss of hearing, asthma, allergies, hyperactivity and a lowered resistance to infection. My vaccination shots gave me ear infections, sinus trouble, allergies and asthma. No cracks about my IQ. There are many reports of anxiety, depression, paranoia, rage outbursts and a tendency toward substance addiction. Hmm, maybe that's why I like coffee ice cream so much.

The American vaccination programs were intensified in the late 1930s and soon we began to see autistic babies. Today there are nearly a half million autistic children. When vaccinated children reached the third grade they had trouble reading, and by 18 their college and military service exams showed that IQs were declining. And they've been going down ever since. When this group reached their 20s we saw a significant rise in violent crime, and it's still rising.

Vaccine Danger

The MMR—mumps, measles, rubella vaccine has again been cited as causing much of the enormous increase in autism. This vaccine is given to babies at 18 months and it has been growingly criticized by practicing physicians for several reasons. The purpose is to have children avoid having these annoying, but not threatening childhood diseases. However, many experts are now saying that this is a big mistake, that children need to get these diseases in order to strengthen

their immune systems the natural way.

In studies of autistic children it was found that their immune systems were destroying their brain cells. The brain tissue antibody is very similar to the one formed against the MMR vaccine. Also, since the vaccine is given by injection, the mucous membranes through which these illnesses enter the body are not strengthened.

Physicians have also noted a great increase in asthma, which is a disease of the mucous membranes, resulting from the MMR vaccine.

I know that when I was a kid I was given a routine tetanus shot when I cut my finger and it damned near killed me. I was allergic to the vaccine and it put me in a coma for several days.

The FDA says that between 90 and 99% of the adverse reactions to vaccines go unreported—through fear of malpractice suits. Physicians tell the concerned parents that the reactions are just a coincidence.

Brain Damage

With the increasing drugging of children with Ritalin, Prozac, Zoloft and other psychiatric drugs, primarily as a result, I'm convinced, of vaccinations and their diet, you may be interested to note that the drug companies have not done *any* testing of these drugs on children to check for long term side effects. Studies in rats, according to *Business Week*, have shown that altering the brain chemistry in the young leads to significant brain changes and memory deficits in adults. None beneficial, you may be sure.

Well, that makes good common sense, because early childhood is a time of enormous changes and growth in a child's brain.

Instead of drugging our hyperactive and attention deficit disorder kids, how about stopping feeding them sugar and milk and also checking for allergies, à la Dr. Rapps' *The Impossible Child*? For proof of the damage sugar is doing to us and our kids, read *Lick The Sugar Habit* and *Milk, The Deadly Poison*.

Meat

With our commercial farming, where NPK fertilizers have replaced the more expensive remineralization of the land, the resulting sick

crops have to be sprayed with insecticides (poisons), which are then absorbed by the plants, giving us fruit and vegetables with poisons both in their inside and their outsides. At least we can buy organic food in many markets today and thus avoid these poisons. But, until farmers learn to remineralize their lands, we're going to have to take mineral supplements.

With meat, farmers have learned that they can get chickens, cows and pigs to grow faster, bigger and fatter if they're given hormones. Then they have to give them antibiotics to counter the hormone side effects. So our meats and milk are giving us solid doses of these hormones and antibiotics when we eat them. And, do you know, I haven't been able to find any hint of FDA tests of what these may be doing to people?

There are a few farmers who are growing unpoisoned animals. You might check with your local health food store and see if they can help you find safe meat. The pharmaceutical companies are spending what it takes to fight every proposed state law allowing markets to label meat and milk as free from the rBST growth hormone and antibiotics.

Our ancestors were hunter-gatherers, so they all ate meat, specially during the winter months, so I'm not a vegetarian, though around 95% of what I've been eating is not meat. They ate raw meat, of course.

Dr. Henry Bieler, who wrote *Food Is Your Best Medicine*, reported in his book, *The Incurables*, on his rescuing children with leukemia, which the other doctors had given up on, by stopping all milk and milk products and feeding them pureed raw liver. Well, I love liver virtually raw and hate it well done. Ugh. Bieler reported 100% recovery using this approach.

I've found a couple local sources of beef livers from cows that have never had any growth hormones or antibiotics. I slice it and freeze it, eating a couple slices a week. I do cheat, just a bit, by heating & frying pan with olive oil and searing the liver for three seconds & side. It's still 98% raw and delicious, with a little salt.

Oh yes, vegetarians don't live as long as meat eaters and they get sick more often. And how about the Eskimos, who live on a 100% meat diet. The word "Eskimo" came from the Indians, meaning

eaters of raw meat. Yes, until the Europeans introduced them to sugar and cooking, they were wonderfully healthy. Living in the Arctic, they had no fruit or vegetables, and no wood to cook their meat, so they ate it raw.

Aluminum Pots & Deodorants

They're not sure yet, but the high concentration of aluminum in the brains of Alzheimer's patients certainly suggest that we be as careful as we can about ingesting aluminum. Don't use aluminum pots, okay? Why take a chance.

You're familiar with those nicotine patches the poor wretches addicted to cigarettes use to try and kick this vicious, expensive and destructively stupid habit, right? You put nicotine on the skin and it goes right through. Maybe you've read about DMSO, which does the same thing. You dab some on and a little later your breath smells like garlic.

Therefore it doesn't take a big jump of intellect to suspect that just maybe some of the other things we daub on our outer membrane may be making a trip into our bloodstream and thence to areas where we might not want said crapola.

I'm reading the label from a P&G deodorant stick. "Ingredients: Aluminum zirconium trichlorohydrate gly in an antiperspirant base of cyclomethicone, stearate alcohol, talc, dimethicone, hydrogenated castor oil, polyethylene, silica, dipropylene glycol, eicosanol or benyl alcohol and pentadecylatone." Okay, trusting consumer, how many of those wonderful ingredients do you want circulating in your blood stream? Hey, note the first (and therefore the largest) ingredient is an aluminum compound. Guess where aluminum goes when it gets into the blood? You got it, your brain. Just what you want there to reduce you to a gibbering almost memoryless idiot via Alzheimer's.

I'd sure like to see the results of some tests tracking the ingredients in deodorants with tagged molecules from our armpits to their final migration area of the body. What do our bodies do with stuff like that when it starts seeping in through our skin? This is certainly nothing that the evolution of our bodies ever expected to have to cope with. The minimum disturbance will, I expect, be an attack on the immune

system. The worst, layers of aluminum up where brain cells used to be. A new meaning for pot head.

There are some non-aluminum deodorants on the market. The ingredient list on Suave Super Stick says: Propylene glycol, water, sodium stearate, fragrance, triclosan, FD&C Blue #1, FD&C Yellow #5. So what the heck is "fragrance?" And what mystery chemicals are in the FD&C #1 and #5 colors. I trust the FD&C about as much as I do Congress and either the Clinton or Bush Administrations. What will triclosan do when it seeps through your skin into your bloodstream? Well, heck, all life's a gamble, right? So perhaps we should bet the future quality of our health (and our brain) on Helene Curtis, P&G and the FD&C and forget it. We know we can trust big corporations not to hurt us, right? Like Liggett & Meyers and R.J. Reynolds.

What am I using? Well, when it's important not to stink too much I'm dabbing on some stuff from Now Foods (Glendale Hts., IL 60139). Ingredients are, "zinc oxide, talc, rice starch, calendula extract, arnica extract, vitamin E d-alpha, ascorbyl palmitate, citric acid, grapefruit extract in a base of safflower oil, beeswax, lanolin and natural fragrance. Contains no aluminum or preservatives." I'm not sure about everything in there, but most of it seems harmless and it does the job. My mother went the Alzheimer's route, so if I find my memory failing I'll recycle my soul and hope to do better in my next incarnation. I'm sure not going the veggie route she did.

If you are interested in getting the Now Foods stuff and have trouble finding it, I suppose I could become a distributor. But then I'd be accused of a conflict of interest and promoting the goo just to make money. But why should I start worrying now about what others think of me? My grandmother was always worried about "what will the neighbors think?" So I'm going to continue to do what I believe will be the best for the most people and give my legion of critics more to carp about.

By the way, I used to have really rich armpits, but since I finally stopped eating sugar (whimper) I haven't had any more problem.

What other poisons are you putting on your skin? I'm looking at a can of *OFF*. Ingredients are "N,N-diethyl-meta-tolua-mide, related isomers and inert ingredients." My, isn't that informative? So how much of those mystery chemicals do you want absorbed through your

skin into your blood stream for your body to figure out where to store?

The can hints that all is not well by warning against getting the stuff on your lips, into your eyes, on damaged skin, etc. Plus they recommend that you wash it all off with soap and water as soon as you can after using. Plus wash any clothes that have come into contact with it. Sure sounds benign, doesn't it? Oh yes, "If swallowed—call a physician or Poison Control Center. Get medical attention. If you suspect that you or your child is reacting to this product, wash treated skin and call your doctor."

Hey, guys, what about any possible long term effects as this poison (which is what it *is*) seeps through our skin into our blood and lymph systems? By then it's too late to wash anything off. Lawyers, please note a viable alternative to The Twinkie Defense when trying to get your next murderer off. Hmm, maybe you have a good basis here for one of those multi-billion dollar class action suits? Or have you read John Grisham's *The King of Torts* yet?

That N,N-d-m-t stuff must sure be powerful as they warn against getting it on watch crystals, synthetics, furniture, plastics, leather, painted surfaces. Oh yes, "May cause skin reaction in rare cases." I suspect it causes a skin reaction in *all* cases, it's just that some are more noticeable than others.

The positive side for the manufacturers of the poison is that almost no one will bother to read the fine print on their cans. You never have, right?

Up here in New Hampshire we have both black fly and mosquito seasons. I've been able to reason with house flies, but haven't yet tried to get any cooperation from black flies. You'll know more about that when you read J. Allen Boone's *Kinship of All Life*. So I use protective clothing and a mosquito net over my head when I'm out fast walking in the spring and early summer. Maybe, next spring I'll see what I can do about reasoning with the black flies and mosquitoes.

The bottom line: don't put anything on your skin that you don't want in your blood stream and, eventually, your brain. Avoid the deodorant soaps...they're causing trouble. I use Ivory soap, which is 99.44% pure. Hmm, say, I wonder what that other half a percent they're not telling us about is?

Sunscreen Warning

If you get waterproof sunscreen into your eyes you're going to have to be driven to the nearest hospital ER so they can flush it out with a special medication. Water will only make it worse! It turns out that young children, in particular, get the sunscreen into their eyes and completely lose their sight. It's tough enough in this world when you have everything going for you. And how would you feel if you knew that your ignorance blinded your child. Or you, for that matter.

That reminds me of my report in an essay that mice fed the normal American diet got skin cancer when exposed to sunlight. Those fed raw food did not. Our ancestors spent all day out in the sun and they didn't get skin cancer. It's our diet, not the sun that's doing it.

Bottom line: stay the hell away from sun screen lotions.

What To Eat

The more homework you do on this subject, the more you'll find that the healthiest diet for you is one that is totally raw fruit and vegetables. Please take the time to read the Comby book, mentioned earlier. Dr. Douglass makes a very good case for eating three apples a day, so every morning I cut up three large Granny Smith apples and put 'em into refrigerator boxes. I cut the apples into quarters, remove the core with a curved grapefruit knife, slice the quarters into six bites each, and they make good between meal snacks.

I've found that raw broccoli, cauliflower and carrots thrown into a Cuisinart and chopped into pieces about the size of a pea make a delicious mix. I add some dressing for flavor. This is a coleslaw dressing recipe I got from my grandmother. It's easy to make and has all healthy ingredients. The recipe calls for two parts of extra virgin olive oil, two parts organic apple cider vinegar, one part honey, eight parts plain organic yogurt, salt and pepper to taste and add a generous helping of celery seeds. I usually make up about three quarts at a time, using two cups of oil and vinegar, one of honey and two quarts of yogurt. I use it on the veggie mix and also on salads, coleslaw and tomatoes. It goes with anything and has just the right amount of

sweet and sour.

Yes, it does have honey in it, and honey *is* sugar. But the honey is only about 1/13th of the dressing and it's not the poisonous refined sugar. It's not like drinking a Coke, which has about 12 teaspoons of refined sugar in it. Plus fluorides, some dissolved aluminum, aspartame and who knows what else.

The olive oil is good for you, as are the apple cider vinegar, honey and yogurt. The best part is that this helps you live longer so you can watch while your enemies die of heart attacks, cancer and other eating diseases. Heh, heh.

I chop up both green and purple cabbage for my slaw and mix spinach, beet greens, water cress, bean, alfalfa and clover sprouts, some yellow raisins, pine nuts, pumpkin seeds, and sunflower seeds for my salad. Oh yes, you want to eat a couple bananas a day too.

I like to eat a little meat with my meals, so I usually broil some chicken thighs. First I remove the skin and any clumps of fat, rinse them in silver colloid to get rid of any salmonella or resident parasites, then I dredge 'em in a curry powder, salt and pepper mix, broil them very lightly for about eight minutes and they're mostly raw and delicious. I usually cook up a family pack of 'em at a time and eat half a thigh with lunch and the other half with dinner. They're good either cold or warmed. Cold is probably better. No, they're not totally raw, but they're *almost* raw.

I don't want to turn this into a cook book, but I thought I'd just give you an idea of some simple ways to fix stuff that'll help you be healthy. If you have any recipes I should know about, let me know. Oh yes, my chicken recipe I call "hurry curry."

Yes, I eat out occasionally, Chinese, Italian and even spare ribs, but 90% of the time I'm giving my body the foods it was designed to use for fuel and not stuff that will clog my digestive track and arteries. We have a fabulous Chinese lunch buffet with almost raw broccoli and mushrooms in the next town that's difficult to pass up.

Vegetizing

Unless you've chosen to be uneducated in the food department (a.k.a. ignorant), you know that you really should be including a hefty

bunch of veggies in your diet. At least if you want to make it with any grace through your 50s and not join the steak and potatoes group in their \$2,000 a day hospital wards, complete with \$50,000 artery bypass surgery. Yes, I know, you and Bush I are not broccoli fans. I happen to like it, but I can almost empathize with those who don't. When I was a kid I hated cauliflower and didn't think I'd ever like it. Now I love it. Particularly raw. Well, you've eaten raw veggies at buffets and cocktail parties, right? They're around the dip.

Even raw potatoes, carrots, beets, cabbage and turnip, including skins, are delicious when chopped up and served with some of my coleslaw sauce. Those are the ingredients in a New England boiled dinner, which I've always loved. So I got to wondering how all that would taste raw. So, what the heck, I tried it. Fabulous!

Finish Your Spinach

I saw in *Business Week*, p.106E36, 11/10/97, that most major health organizations recommend eating five to eight servings of fruits and vegetables every day. Well, I'm glad I'm not alone in preaching this Gospel. The article goes on to point out that, "These foods contain not only basic nutrients but also disease-fighting compounds known as phytochemicals, many of which can help ward off cancer, heart disease and diabetes." So much for Fruit-Loop, milk, white toast, grape jelly and Tang breakfasts.

How about you, oh sinner? Are you eating your vegetables? Or are you determined to head for an expensive hospital stay, with plenty of medical care, really awful meals and drugs before you die quite a few years before your otherwise appointed time?

Frozen veggies are okay, but not as good as raw. Canned veggies just don't cut it. If it comes in a box or a can, it's improbable that it's good for you. Your very best foods are dark green leafy vegetables. Raw. Lots of them.

Supplements

Sure, you bet I take 'em. I take vitamin A, C and E, plus selenium, magnesium, calcium, zinc, coenzyme Q-10, saw palmetto, DHEA,

every day. I also down a heaping teaspoon of chopped garlic and another of cayenne pepper in V8 juice every morning. Talk about a waker-upper! Wow!

There's a lot of literature supporting the importance of garlic, so what the heck. If nothing else, it'll repell vampires. Then, if you'll read Dick Quinn's *Left For Dead*, you, too, will add a heaping teaspoon of the hottest cayenne pepper you can find to your daily supplements.

I've also added a daily jigger of Barlean's high lignan flax oil, with some cottage cheese and red grape juice as a chaser. I think it and saw palmetto are supposed to keep my prostate from prostrating me.

My dad had to have a foot or so of his colon hacked off, so I ate a bowl of All-Bran with a banana for breakfast for years. I even took bran along on trips. You'll find out a lot more about my trips if you invest in some of my trip diaries. They're only \$5 each (two of them). I should charge a lot more, but that about covers my cost. Sherry and I are very economical travelers. Thrifty, not cheap, thank you. And we've sure had some fascinating trips.

Since going off milk and commercial foods I've been eating a couple bananas and an orange for breakfast.

I know I should be taking some sort of multi-mineral supplement, but I've been so overloaded with conflicting data that I haven't yet figured out who I can trust. I am highly suspicious of the stuff mined from prehistoric swamps. It could have a lot of the minerals my body needs, but I worry that it could also have a bunch of toxic metals, as Dr. Douglass warns. As far as anything I've read, none of the outfits mining that stuff does anything to eliminate the toxic ingredients. And the recent news on blue-green algae isn't comforting either. I'm also highly suspicious of any product that's being sold via multi-level marketing.

The best stuff I've found so far is Nature's First Food, sold by Nature's First Law. Check www.rawfood.com. 1-888-RAW-FOOD.

If you have any solid data on a product I can trust to give me what my body needs and doesn't sandbag me with something I'll have to turn to chelation to get rid of, please let me know. That is, as long as you're not a distributor.

Speaking (well, writing) of chelation, Dr. Douglass, whom I trust around 90%, is all for it and is hawking a good book on the subject. I do worry about newsletter writers who then sell the products they laud. This is why I have made it a point not to sell the books I review in my *Wisdom Guide*. I know it would make it a lot easier if I handled them, but I hate being accused of recommending a book just to make money selling it. Also, I have more than enough to do without trying to keep an inventory of hundred or so books and selling 'em. I'd have to hire a staff to handle that, which would double my prices. Heck, I work for free.

I got involved in the mail order book business in 1958 when I started Radio Bookshop. I was looking for a way to make a little extra money by selling books to hams. When I got busy with other things I tried to find people who would diligently run the book business. I finally gave up and haven't done anything with it recently other than sell my own books.

I was cleaning out the attic the other day and ran across a catalog of my Radio Bookshop car rally equipment. I was deeply into rallying back in the late 1950s and found that getting the right stopwatches and calculators was very difficult. I ended up going to Groningen (Germany) and getting them to make special Hanhart stopwatches for me that were calibrated in hundredths of a minute. They also had 17 jewels, so they were very accurate. Heck, a watch running just half a second slow or fast over a day can lose a rally trophy for you.

Then I went to Liechtenstein and set up an arrangement with the Prince to import his Curta calculators. These were very popular in Europe for currency conversions. But they were also ideal for rally calculations, where it was critically important to be at exactly the right place at the right time. One half second off and you lose a point—and probably the trophy. I really enjoyed the challenge of surmounting traffic conditions and rally instruction ambiguities in order to pass the hidden checkpoints precisely on time. And I have a big carton of trophies out in the barn somewhere attesting to my driving and navigating skills.

This also presented a business opportunity, so I imported the calculators and watches and sold a ton of 'em. The people using my rally system and equipment were soon winning all the rallies.

At the time Walter Cronkite was into rallying and he bought a Curta from me. He's now a ham, by the way, and he wrote recently saying he still has his trusty Curta. Not bad after 40 years! I still treasure the one I used for rallying.

Yes, I'm digressing, but with a purpose. When I get into explaining how you can make money I'll be talking about your looking for some sort of mail order business, so I wanted to mention some of them I've gotten involved with. These might help give you some ideas on how to think like an entrepreneur.

I ran across an ad from the Elm Stamp Company in my scrapbook the other day. That was a business I set up when I was in the 7th grade. Well, I got interested in stamp collecting. I was particularly interested in US stamps, so I started buying bags of unpicked stamps and looking through them for collectibles. These stamps were difficult to find in anything less than 50-pound sacks, so I went into business buying the big bags and repackaging the unpicked stamps in one and five pound packages. It developed into a nice little mail order business. I kept at it until the radio bug bit me and I lost interest in stamps. My first entrepreneurial business.

Another Gloom & Doomer

In *The Survival of Civilization* by John Hamaker (Hamaker-Weaver Publishing, ISBN 0-941550-00-1, 1982, 218p, \$12, R1 B158, Seymour MO 65746), Hamaker is all upset over the rapid increase in CO₂ levels, predicting this will contribute to the end of the world. I want a second opinion. But he does make a good case for remineralizing the earth. A very good case. Ever since listening to the Dr. Wallach *Dead Doctors Don't Lie* tape, I've been looking for more information on what we can do to correct the loss of minerals from our topsoil.

As Hamaker points out, to look at them you can't tell the difference between crops grown using NPK (chemical) fertilizers and remineralized crops, but one is healthy and the other isn't. So what's remineralization? This has to do with grinding up rocks to replace the minerals which have been leached out of the soil, plus the minerals plants have extracted and which have not been returned by

farmers. At first, when the farms were “played out,” the farmers moved further west, to new land. But once the new farm land ran out they started using commercial fertilizers to keep their crops growing. The problem is that we’re robbed of the minerals our bodies need to keep healthy when we eat the demineralized crops.

How effective is remineralizing the soil? The USDA ran a test with seven steers fed the usual fodder and another seven fed the exact same diet with 3.5% cement kiln dust added. The dust-fed animals gained 28% more weight and ate 21% less feed. Imagine how healthy you and your family might be if you were getting all the minerals your body was designed to use, but which you haven’t been getting in your supermarket food! Hmm, say, how much is kiln dust? Maybe I should package that and start another business. Or maybe you should.

Selenium

As I read the news magazines I kept seeing obits for well-known people who have died of a heart attack or stroke. Veterinarians solved that problem for animals decades ago. Farm animals no longer die of heart attacks or strokes. Farmers add pellets with the minerals which are almost universally missing from today’s crops to their animal’s feed. But don’t ask your doctor about preventive medicine, vitamins or minerals; they’re not his field. If doctors were taught anything about health maintenance instead of just about sickness repairs they wouldn’t be dying years sooner than the rest of us. They’re only taught how to treat the symptoms our diets are causing.

Cows, pigs and horses don’t die of heart attacks or Alzheimer’s because farmers give them the minerals they need with their feed. Well, that’s something for you to think about as the ambulance rushes you to the emergency ward. That old ounce of prevention. Or more likely, 50 mg of selenium (a couple Brazil nuts a day) or some other missing mineral that’s critically important to your body’s function.

No, I’m no MD, nor even a DVM, so I don’t ask you believe me. But I recommend you do your homework the way I have. I realize that you may not have much time to read, what with your time at work, watching ball games, sitcoms, Judge Judy (or her husband) and Jerry Springer, making you a living example of the boiled frog

syndrome. That's where, if you drop a frog into boiling water, he'll jump right out. But if you put him in warm water with a fire under it he'll enjoy the warmth until he's boiled.

And that's the way it is with our smoking, using drugs and eating food that lacks the basic minerals and vitamins our bodies developed a dependency on over millennias of adaptation. Our bodies were designed to work on raw live foods. They were never designed to cope with coffee and Krispy-Kreme doughnuts or Big Macs, fries, and that weird goo McDonald's calls a malt. So, either we have to figure some way to get our bodies the materials they need or settle for half a life. The expression, "You are what you eat," is right on target.

Hypocrates, that father of medicine, preached that food is your best medicine.

For instance, in one of the ham radio club newsletters there was a very nice obit about Travis Baird W9VQD. Travis stroked out (a mineral lack). He was into music, opera, speed skating, photography, sailing, football, computers, the violin, amateur television—and now he's gone.

Of the books I review later, the most important is *Maximize Immunity* by Dr. Bruno Comby. I got a fax from him recently saying he's planning on moving to the US to establish a healthy living community. If you read *The Secrets of the Soil*, another of my recommended books, you'll find out how to grow food that has the missing minerals.

Ever since the invention of the flush toilet we've been getting rid of the minerals in our crops instead of refertilizing our fields with them, as people did up until this century. Now we use chemicals as fertilizer, and we're suffering the consequences. Thanks, Mr. Thomas Crapper (1836-1910), for your invention.

Hmm, I wonder how many of you grew up on a farm with an out house and had to shovel out the privy every spring? My family's farm in Bethlehem NH had no running water and no electricity, so I know what it is to take a flashlight out to the privy in back of the barn at night in the rain. And there was no heat until the first one up (me) started the fire in the kitchen stove with newspaper, kindling, and some kerosene to get the wood going faster. Then, when it was really

cold, another fire in the living room fireplace. While the stove was warming up I'd refill the kerosene lamps. The stove had a water tank at one end so, once the water was warm enough, I'd scoop some out into a five-gallon watering can. Then, in the summer kitchen, out by the wood shed, I'd hoist the can over my head with a pulley and take a fast shower. That part of the house was unheated by the stove, so five-gallons was plenty. Then I'd refill the stove's tank from the rainbarrel in back of the house.

Few farms today have a privy, so farmers today are flushing what few minerals they're getting in their food into their septic system, not into a privy and then the compost heap. You either get your missing trace minerals from a health store or you make the doctors even wealthier when you have your heart attack or stroke. Your choice.

You can learn exactly what trace minerals your body needs and what happens when they're missing by reading a most entertaining book by Dr. Joel Wallach. It's *Rare Earths—Forbidden Cures*. 500 large pages, \$20 from Wellness Lifestyle, Box 1222, Bonita CA 91908, 800-755-4656.

Distilled Water

Your city/town water is fine for flushing toilets and washing dishes, but for heaven's sake, as I've said, don't drink that stuff. I recommend you buy a still and drink distilled water from now on. Yes, your body needs minerals, but the ones you'll get from your water supply sure aren't them. You get copper, lead (from soldered pipe joints), plus whatever else your town adds to the water—like chlorine and fluorides.

One more item about water: you aren't drinking nearly enough of it. Your body needs at least 8 glasses of water a day. Minimum. Try this for a few days and you'll see the difference. Water is needed to keep your liver going, helping to flush out the bad stuff for you. It'll also help your bowel movements, which should be three a day and loose. So make it a practice to chug down a glass of water every hour or so every day. Several doctors I trust recommend drinking two glasses of water when you get up in the morning. But do read the book, *Your Body's Many Cries For Water*. It explains about the

connection between drinking too little water and things like hypertension, arthritis, allergies, diabetes, back pain, depression and fatigue. It explains about the damage caffeine does—that it's an addictive drug. And about how destructive aspartame can be.

How old are you? Well, that's how many years you've been dehydrating your cells, so overdo on pure water and help your body gradually rehydrate your cells. Your body is over 70% water, so drink at least that much. Dr. Day, when she got breast cancer, drank 20 glasses of pure water a day, as well as lots of carrot juice and a total raw food diet. And no coffee.

Exercise

This means getting your butt off the couch for at least 20 minutes a day. Jogging is okay, but it does put more of a strain on your knees than is good for them. Oh, they'll probably do fine for the first 40 years of jogging, but why put any more wear and tear on your body than is really necessary. The books I've read tell me that it's better to do fast walking, which is almost as fast as jogging. It looks a little strange, but it gets you there and gives your body a great workout. You should be able to fast walk at least a couple miles a day. Rain or shine. Or snow, though that does slow you down. None of that wimpy strolling stuff.

For many years I jogged up and down our New Hampshire hills, and when on trips I jogged around Tokyo, Taipei, Seoul, Hong Kong, London, Paris, Berlin and so on. But the more I read about jogging, the more I became convinced to take it easier and switch to fast walking. It's a whole lot easier on the feet, legs and the whole body. And it doesn't force me to go out in the early morning when I'm in a foreign city for my exercise like jogging did. Heck, I can fast walk down Broadway, whizzing past everyone else.

To learn more about this better way to exercise I recommend you get Ron Laird's *The Art of Fast Walking*. It's \$22 ppd from Ron, 4706 Diane Drive, Ashtabula OH 44004 (440-998-1371). The book's 110 pages are well illustrated. It explains about your shoes, and shows exactly how you can walk amazingly fast. This is a great way to burn up those calories.

If you do it the way I do, you'll be exercising your eyes, carrying one or two pound hand weights to give your upper body more exercise, some ankle weights to help strengthen your ham strings and getting those UVs into your eyes.

By the way, Ron is a certified expert in this field, having been on the U.S. Olympic Team four times, and he's won the Outstanding Race U.S. Walker Award six times!

Another excellent exercise while you're walking is to do the Groucho crouch as you walk. The duck walk. This'll build up your leg muscles in a hurry, and you'll particularly appreciate it if you're into skiing or scuba diving. This exercises the same muscles you use when you ski, where you have to keep your knees bent to absorb the moguls, and to give you better control.

To do the Groucho crouch just bend your knees so you're squatting down about six inches and then glide along. You'll be amazed at how much territory you cover. Yes, it looks funny—why else would Groucho have done it?

Try to find a place to walk where there isn't much traffic. You don't want to be breathing car exhaust while you're out walking. It's got carbon monoxide, lead and a bunch of other toxic stuff you don't want to have to chelate out of your blood.

Lordy, I don't have to tell you to be sure to get comfortable shoes for this, right? I wondered why the shoes I've been buying by mail order recently were all too tight. So I measured my foot and it's a half inch longer than it has been for the last 50 years. It never occurred to me that my feet might stretch. The longer shoes feel fine.

If you have any problem with insects while you're walking, wear long sleeves, some work gloves and a net over your head. That keeps off the famous New Hampshire black flies in the spring and the mosquitoes in the summer.

DEET Can Kill!

Here's more news about insect repellents and how they can be absorbed through the skin. Just because water doesn't go through easily doesn't mean that a lot of other much more dangerous stuff won't.

Anyway, the American Academy of Pediatrics has warned us not to use any products with *DEET* in them on kids under 5. In 1995 64% of the people reporting serious side effects to insect repellents were under the age of 6. One man of 34 was killed by *DEET*. An ABC-TV documentary reported a 26-year old man dying after two sprays with *DEET*. An 8-year old boy suffered seizures.

Be as careful about what you put on your skin as you do about what you put in your mouth. I listed some of the ingredients in *OFF* a while back. And then there is all that aluminum in deodorants. Just what you need to help with your potential unmemorable Alzheimer's trip to a rest home as a veggie tied to a rocking chair for a few years, wearing diapers. Say, have you bothered to visit a nursing home recently? It might even get you to start considering making some diet changes. But I doubt it—at least until you have a meal there, then you'll do almost anything to avoid getting into a fix like that

Hospitals and nursing homes make sure they have plenty of long term customers by serving almost totally nutritionless food.

Is Your Home Making You Sick?

The odds, oddly enough, are that your home is helping to make you sick, but not in any way you'd probably guess. No, I'm not talking about power-line magnetic radiation, though that's bad enough—particularly if you have one of those power transformers on a pole near your home.

Unless you've been intellectually stunted by religious fundamentalism, you're aware that we humans are believed to be the result of several million years of evolution. And that means that we've adapted to operate within the parameters of our world. We find, when we send people into space, that their bodies don't do well at all. We're designed to operate with one G of gravity. Further, we've evolved living in a world with a strong magnetic field—one which changes continuously as a result of varying radiation from the Sun and the influence of the Moon. We're also being impacted by solar radiation, including light, as well as a wide range of other frequencies from the infra-red up through the ultra-violet. And that light has a spectrum that we've evolved in which is important to us. You take that away,

or even change it a little, and there's hell to pay. And we're paying it with sickness and some really bad dispositions.

Now, scientists have been experimenting with light and their findings are scary. Maybe Edison didn't do us as much of a favor as we thought. It's turning out that we get a lot more out of sunlight than we suspected. One of the more damaging things we've done to ourselves is invent window glass and then (ugh!) sun-glasses. Another is to invent artificial lighting which doesn't give us nearly the same light spectrum as the Sun.

So here we are living and working in fluorescent and incandescent light, and it looks as if we're suffering a wide variety of illnesses as a result. The human immune system, given a decent break, is able to beat almost any germ or virus. But we've been crippling our immune system in a number of ways—and a big one is via cutting off the light our eyes and skin needs—the light our eyes and skin have adapted to depend on via evolution through tens of thousands of generations.

Several researchers have tested different colors of lights on plants, animals and on humans. You can set up your own experiments at home and do your own research. It's simple. All it takes are some beans and patience. Grow some in the Sun—and I don't mean behind a glass window. Grow others with the Sun they get through a glass window. Try some under different colors of fluorescent lamps. Try some with the full-spectrum fluorescent lamps. And don't forget to find out what happens when you use incandescent lamps.

This whole business got started when a chap named Ott got involved with the stop-motion photography of plants. He had to light them properly and keep them in a closed box so they wouldn't be moved by the wind. Well, he sure ran into all kinds of problems. The darned things refused to grow right. He eventually discovered it all had to do with the lights he was using. Hmm, if light makes that much difference for plants, what about animals? He went on to test different light colors with mice and rats, and then larger animals. It turned out to make an unbelievable difference. I can't give you all the details here, but you'll find his story absolutely fascinating. It's all in his book, *Health and Light* by John Ott, which is still easily available and inexpensive.

Ott's pioneering work has been carried on by Jacob Lieberman.

In his book you'll read about some amazing cancer cures, the curing of a wide variety of illnesses, of hyperactivity in kids, and so on. You'll read about how introducing the sunlight spectrum of light can completely change the way people work in offices and factories, and in the way classrooms work. You'll also read about the efforts of a small group of scientists who have been fighting our scientific bureaucracy for years, trying to get their work published and recognized.

I first read about this many years ago, so I've always made sure I've had full spectrum lights in my publishing offices.

Scientific research is a big business these days, with a third of the funds coming from the government. The allotment of research funds lies mainly in the hands of a few businessmen, who are careful not to upset any established big businesses. But the problems we have with our scientific research system is something else. I've been reading some excellent books on that. The bottom line is that there are a whole bunch of fields that science should be exploring, but which those controlling the money absolutely refuse to fund. Read my review of *Impure Science* by Robert Bell, an excellent recent book on this topic. What's happening is a disgrace.

So start growing some beans and see for yourself what an incredible influence the Sun's spectrum of light has on life. And don't try to tell me that, well, those are plants and we're different. Like hell we are! When you graduate to mice under different colors of light, you'll see that what's happened to your beans is also happening to your mice. And the book explains about the work that has been done with rabbits, chinchillas and so on, right on up to and including people.

While you're growing those beans, try some in front of your TV set and see what the radiation from the one-eyed monster is doing to the things around it—like you and your kids. Even try some in the next room, 15 feet or so away behind the set. Beans can tell you more than all but the most sophisticated lab instruments.

You'll read about endless cancers being cured, arthritis, etc., using full spectrum lights. How children living under fluorescent lights have cavities, attention deficits, hyperactivity, poor classroom behavior, poor grades and learning disabilities. Within weeks of installing full-spectrum lights these problems begin to disappear. It's almost enough to make you think.

They tested hamsters with identical diets under cool-white and full-spectrum fluorescent lights and found they had ten times as many cavities under the white lights. Chickens raised under full-spectrum lights are larger, healthier, live twice as long, lay more eggs, and their eggs have 25% less cholesterol.

It turns out that sun-bathing causes less skin cancer, not more, despite all the phony-baloney you've been seeing lately—though I suppose one can go too far with it and cause trouble.

I had a little spare time in San Francisco, so I visited Alcatraz—where they kept the most incorrigible prisoners in tiny cells with no direct sunlight. And when they caused trouble they put them in “The Hole” where they had no light at all. Talk about doing things ass-backwards! This confirmed the validity of my proposal for cutting the cost of prisons to almost zero—one which would encourage the prisoners to be outside in the sun, growing their own food in organic gardens.

Is there a connection between the growing crime rate, street gangs, riots, the increase in divorce, the troubles we're having with children, and even the incivility we see growing everywhere, and what we're doing to ourselves with artificial light and window glass which prevents some critically important UV light rays from reaching us?

I guarantee you'll be installing full-spectrum lights in your home and in your office after reading this book. And you'll be working to get your local schools to change too. It'll sure raise the kids' SATs. I'm convinced that we could substantially lower our health care costs just by letting more sun reach our eyes and skin.

When you do your bean-growing and mice or rat experiments, be sure to document your work with pictures. If you can set up a video camera for stop-motion photography you'll have a great record, but plain photos you can flip through will tell the story. Better yet, go digital and let your computer flip for you.

You'll also want to read Dr. Douglass' *Into The Light*, where UV light is used to treat blood and cure many illnesses. When blood is removed from the body, treated with UVs, then replaced, it triggers all sorts of remarkable recoveries.

Once you understand the importance of getting out there into the sun for at least 20 minutes a day, and without any glasses or car

windows between you and the sun, you'll be getting your UVs too. The best way is to pick some place for your daily fast walk where you are in the sun. On my farm the north pasture is about 1000 feet long, so whenever possible I'm out there around noon with my shirt off and walking the length of the pasture about six times.

These walks are also a good time to exercise your lungs, breathing slowly and deeply, filling your lungs to their utmost, holding your breath for a few moments and then exhaling completely, getting every last bit of air out of them. I do this many times during my walks. Actually, you'll benefit from hyperventilating whenever you think of it. The hard part is remembering to breathe. We tend to hold our breaths too much and to shallow breathe.

I've found it helpful to make some little signs which say WATER-AIR and put them where I'll see them. That reminds me to take a long drink of water from a nearby bottle of pure water and to hyperventilate, to get more oxygen into my blood. Otherwise I'm so totally involved with reading or writing that I forget.

If you get headaches it's most likely from unconsciously holding your breath when you are under stress. Try yawning and hyperventilating and the headache will quickly go away—without any aspirin, or the new, improved, Tylenol.

In reading about eye care it made sense to me that most of our eye problems result from our being lazy and turning our heads instead of our eyes and most of the time focusing them only a foot or so away. The eyeballs tend to flatten if not exercised, so I roll my eyes as I walk, looking far to the left, right, up and down. Let's see if you can roll your eyes and deep breathe at the same time. Once you get the hang of that you might want to add a pair of "heavy hands" to your routine and swing them vigorously while you are breathing and eye rolling. Bet you can't. But if you master this routine then try squeezing the weights to strengthen your hands while you are swinging them, breathing and rolling your eyes.

Heavy hands are a pair of lightweight dumbbells. Pat Flanagan put me on to them during his last visit, so I now make my fast-walking sun-bathing trips through the north meadow into hyper-workouts.

I wish you could join me on these walks. In mid-July I counted 26 different kinds of wild flowers in bloom, and the daisys were four

feet high! Some of the buttercups were just as high. I've just got to put some of my wild flower pictures on my web site for you. This August I counted 42 different kinds of wild flowers in my field. Too bad you missed this fantastic display.

Skin Cancer and The Sun

Dr. Lorraine Day, in a fascinating interview on the Art Bell show, cited a Baylor University animal study, which I mentioned earlier, where one group of rats were fed the standard American diet of junk food and a second group was fed a nutritious diet. Both groups were exposed equally to high intensity ultra-violet light. 25% of the animals eating sugar, white flour products and meat developed skin cancer. None on the nutritious diet did. None. Zero. Which sure confirms the information in the books by Ott and Lieberman and the advice from Dr. Douglass.

Dr. Day, who was a well known San Francisco trauma surgeon, went through the standard medical education, which concentrated in treating symptoms, not the causes of illness. And then she came down with breast cancer. It came within days of killing her. If you think I'm exaggerating you can check the photos of her with a grapefruit-sized tumor via her www.drday.com web page. There's also a photo of her after she cured herself just by rebuilding her immune system.

Her prescription, I was delighted to hear, is exactly what I've been preaching. She cut out all sugar and white flour products, poisons such as coffee, cigarettes and alcohol, she drank around 20 glasses of pure water a day, got lots of sun on her body and into her eyes, exercised and did her best to eliminate stress. She ate raw fruits, raw vegetables and grains. No milk products. No hot fudge sundaes.

Dr. Day pointed out that yes, you can go for quite a few years depriving your body of the water it needs and assaulting it with poisons and carbs, but eventually you are going to be the one out of every two who comes down with cancer. That's, of course, if you don't have a heart attack or stroke first.

I've been recommending 8 glasses of distilled water a day, but she drank 20 glasses a day as a way to rebuild the ability of her body's cells to absorb and hold water after having been short changed

for many years. Good plan. Yes, it does have you going to the can pretty often. Big deal.

The lifestyle change it takes to keep from getting sick and dying early is a major one. Having made it myself, I can understand why many (most?) people opt to get sick and die 30 to 50 years before their possible time.

If you know anyone who has managed to give themselves cancer please have them call 800-574-2437 and get Dr. Day's video, as I mentioned earlier. You could save their lives—and a \$345,000 medical bill. That's what the medical industry nets per cancer case.

Stress

Art Bell copes with stress by depending on drugs such as coffee, cigarettes, alcohol and hamburgers. He's 58, so all this has to catch up with him pretty damned soon. Stress can knock your immune system all to hell. Stress is a little more difficult to deal with, so you don't see much written about it in the alternative health books and newsletters.

You've read about people who's husbands or wives have died, who then die soon afterward. A mate's death can be very stressful and knock the stuffing out of ones immune system.

There are some fairly simple ways to reduce stress. One is to change your diet, which can make a big difference. Another is to get daily exercise, which you need to do anyway. Your body needs exercise. Early man didn't sit around watching ball games, drinking beer and eating potato chips or cheese puffs.

Another excellent approach to reducing stress is meditation. This has a lot going for it.

My favorite relaxation is listening to music. Classical music.

For some reason, the first time I heard classical music I loved it. Probably an echo from a previous life. My folks never had much music around the house. Oh, we had a Victrola and some popular records, but it didn't get played often. Then one night, when I was seven, my folks took me to dinner with them visiting Bob and Mary Sullivan. Bob had a collection of Gilbert and Sullivan records, plus some classical music—like the William Tell Overture, and this was

way before *The Long Ranger*. That started me on a lifetime of enjoying the Gilbert and Sullivan operettas and classical music. I took to it immediately. In high school I performed the part of Koko in *The Mikado* and Major General Stanley in *The Pirates of Penzance*.

When World War II came along and amateur radio was shut down for the duration, I turned my interest to music and began collecting classical records. By the time LPs were invented I had over 2000 78s. They're still out in the barn, along with my shelves of LPs. To-day I have a collection of over 4000 mostly classical CDs.

To help anyone who doesn't know which classical music is outstanding, I've written a recommended 100 CD classical music library booklet which covers most of the best classical music. Stress just melts away when you're listening to good music.

Of course, like art and books, there's tons of second rate classical music. When I was the publisher of *CD Review*, I reviewed thousands of classical CDs, listening to stuff that I didn't much enjoy the first time, and never mind wanting to hear again. Good music doesn't wear out, even after hearing it hundreds of times. Beethoven's Sixth, Tchaikovsky's Swan Lake Ballet, Gottschalk's Tarantella, Chabrier's España, Sibelius' Fourth, Offenbach's Gaiete Parisienne, and Johan Strauss' Tales From The Vienna Woods. Though I know every note, they are still delights to listen to. And I loved 'em the first time I heard 'em.

What about rock? Sorry, but it isn't any good for you. If you'll read *The Secret Life of Plants* and *Secrets of the Soil*, you'll learn that plants respond fantastically to music. Classical music. Rock music stunts their growth and makes their fruit bitter.

A recent experiment with rats, where one group was exposed to classical music several hours a day and a second group exposed to rock music was interesting. The experiment had to be stopped after three weeks because the rats exposed to rock music were all killing each other. They were stunted in growth and always fighting.

I highly recommend listening to Scott Joplin's music, which will not only get rid of any stress, it'll have you wanting to dance. All of his rags. Somehow I managed to miss hearing his music until the movie *The Sting*. Wow, how had I missed out on that? So I went out and bought every Joplin LP I could find and I played 'em day and

night for months. I knew every note of every rag he'd ever written. I even drove down to New York just to see his opera *Treemonisha*.

But the more I listened, the more I was frustrated. None of the performers seemed to really understand the music. I could somehow feel much more than they were playing, and this was back in the early 1970s, thirty years ago. Cut to the late 1980s, when I was publishing *CD Review* and had gotten to know a bunch of record company owners. I kept asking them to look for someone who could really understand Joplin's music, but they didn't understand what I meant.

Then, late one night, Sherry and I were walking back to our hotel after a zydeco concert on a New Orleans riverboat. As we passed a grungy little bar, the door was open and I heard Scott Joplin's piano music being played. I stopped Sherry and said we *had* to go in. A couple hours and a couple of Cokes (I didn't know any better then) later I was ready to start my own record label. Scott Kirby, a 28-year old New Orleans street performer, was playing Joplin's music the way I'd been hearing it in my mind.

So I brought him to New Hampshire and recorded his first CD in a local church using their Steinway grand. We had to do it late at night to avoid traffic noise. My Greener Pastures record label was started. It was a CD that changed the way Joplin's music would be played from then on. Soon the best known Joplin performers in the country were playing the music the way Kirby did. I brought Scott back up to New Hampshire where we recorded everything of Joplin's, plus a few other top notch rags. I built a \$100,000 state of the art recording studio and bought one of the finest grand pianos made for the project, so the sound was incredible!

The end result of all this was the sale of a lot of CDs and a resurgence of interest in ragtime music. When I produced Kirby's first CD there was only one ragtime festival—in Sedalia, Missouri. Today there are dozens and Kirby is the top star ragtime performer in the world.

Well, enough of that. Start looking for some ragtime CDs or cassettes and join the fun. I had a ball getting to know all of the top performers personally as I attended the festivals. Many have visited my studio and recorded there. But I've been there, done that, and

have moved on to new interests. My studio and that fabulous grand piano are now covered with dust. Somehow I love starting new things and getting them going, and then start looking for even newer things to do. I start magazines and, once they're doing well, sell 'em and start new ones. There are new technologies to promote, new countries to visit, new friends to make and new adventures to experience. On my 80th birthday I tried sky diving. Wow, what a kick!

If you'd like to hear the amazing Scott Kirby playing Joplin, I have a few of his CDs left. You can check my catalog for the details. Tell you what, for \$10 (+\$3 s/h) I'll send you one of the CDs.

When I found out that six major record companies, five foreign owned, controlled 96% of all the music sold, with the other 4% spread out over a couple thousand small independent record labels, I thought that situation stunk, so I decided to do something about it.

The first step was to make sure that my *CD Review* magazine reviewed as many of the indie CDs as possible. I started *Music Retailing*, a publication for record stores so they'd know what the indies were releasing and where to order them. Next, I started *IMPS, the Independent Music Producer's Journal*, to help the indies promote their music.

Then I set up a mastering service to take their tapes and master them for CD production. We did the artwork, production and printing for the booklets that go into the CD jewel boxes. We even found the best CD manufacturers and brokered making the CDs. We produced CDs for over a thousand indie record companies.

We had experts in each type of music rate the CDs and put the top rated track on a series of *Adventures In Music* CD music samplers. Each AIM sampler had about 15 tracks of the best of the best in music. We then distributed millions of these samplers.

A not very well kept secret in the music business is that the major labels spend about \$100 million a year bribing radio station music directors to only play major label music. Read *Hit Men* by Dannen, which exposes this scam. The only way I could figure to get the public to hear this wonderful music was by getting them to listen to samplers. It worked, with the sale of indie music going from 4% of the market to 16% in just a couple of years—and that meant over a billion additional dollars in sales for the independent labels.

Did I get any thanks? A few. It confirmed for me that gratitude is the least felt of all human emotions.

Laughing

It's no news flash that stress is a killer, yet we put up with stress, as we do with more and more slow killers we now know about (like refined sugar).

In an experiment, researchers at Ohio State University injected eight rabbits with large amounts of cholesterol. Eventually seven of the rabbits had heart attacks and died. But one was still alive and healthy. It took a while for them to find out what had made the difference. It turned out to be a lab assistant who had picked up that rabbit and stroked it every day.

Maybe you're familiar with how Norman Cousins cured himself of a rare and deadly blood disease by renting movie comedies and reading humorous books. My favorites are the Dilbert books.

The reverse is true. If you are under stress at work or at home, that's going to knock down your immune system and you're going to be much more susceptible to health problems. Like cancer, heart attacks and stroke.

So, get out there and enjoy the sunsets. Laugh at Jackie Chan and his choreographed martial arts antics. Let it out when you read the Dilbert cartoons. Check the humor section of my *Secret Guide to Wisdom*.

I laugh a lot. If you've ever heard me on with Art Bell you know that I laugh all through the show.

Music Lessons

Did you see the report in the papers showing that toddlers who take music lessons develop higher IQs? Yep, the study showed that youngsters who had had eight months of music lessons, classical or jazz, excelled at intelligence tests involving higher brain functions, doing significantly better than similar children who were not given lessons.

The music apparently stimulates the same brain areas used to form

mental images of objects and understand changes in their positions. Well, we know that the more we can get young children to use their brains, the more neuron connections are made in them and the higher their IQs. If you pass this critical time without providing the stimulation for neuron growth, then the opportunity is missed. Permanently. It's like learning languages. Kids of two and three can learn almost any number of languages, learn to speak them without an accent and think in each one with no confusion. When you wait until even a couple years later it's much, much more difficult for them to learn a new language. If you had to learn a new language in high school you know what I'm talking about. It was a horrible experience for me.

Thus there's much to be said for developing a new kind of day care center, one which would concentrate on providing mind stimulating experiences for children rather than being just baby sitting services. Good luck on finding a day care provider that has the staff and facilities to give your child mental growth stimulation and not just baby sitting. They should at least be exposed to English, French, German, Spanish and Russian. At that age they sop that stuff up like a sponge and can learn any number of languages—and love it!

Look, if you're going to bring children into the world, at least take enough interest in them to give them the best bodies and brains you can. There are a dozen ways you can increase your baby's IQ, raising it at least 40 to 50 points over what it will probably be otherwise. Your child, the genius! I'll put all the information on this together into a book when I get the time.

We sure can use a few more geniuses. Who knows, we might start having child prodigies again, and some better music and art as a result. And better books, too. Who knows, we might even get some scientists whose minds don't freeze for life the day they get their Ph.D. Can we hope for better politicians and lawyers? Snicker.

Wellness: A State of Mind

By luck, or perhaps perseverance, I've managed to find a book that's a gem. It's only \$6 and is worth a hundred times that to you. It's *Wellness: Just a State of Mind*, by Eldon Taylor. This 107-page book really does explain the connection between wellness and your

attitude. It explains how and why when you expect the worst, that's exactly what you get. And conversely, when you expect the best, you get that. Your sickness, bad luck, and so on are mainly your own doing.

I've always expected good luck, and I've usually had it.

"Purely practical logic teaches us that becoming angry or stressful has not and does not produce happiness or joy. As a matter of fact, anger or stress produces only more anger or stress—to say nothing of the toxins such negatives generate in our bodies and slowly poison us." Confirming that we're our own worst enemies. Or, our own best friends. I think you'll really enjoy the book and it may even help you have a healthier, happier life. Or would you rather keep being angry and stressed, then get sick and die? Make your choice. R.K.Book, 816 W. Big Bear Blvd., Big Bear City CA 92314.

Your mind cannot only make you sick or well, it can even change your physical characteristics—like blood sugar or even eye color, and at a snap of the fingers. Some multiple personality people have diabetes in one personality and none in another. Maybe it's time you learned more about your mind and what it can do for or against you. Spend the six bucks.

To get a better concept of what the mind can do for you I recommend you invest \$8 in Eugene Maurey's *The Power of Thought*. And if this doesn't kick-start your mind, then get Scott Adams' *The Dilbert Future*. In addition to the stress reduction of laughing at the Dilbert cartoons, the last chapter explains how you can use your mind to affect serendipity. If you think this is far fetched, read some of Bevy Jaegers inexpensive and wonderful books. Also, read Dean Radin's *The Conscious Universe*, which shows how the reality of precognition, psychokinesis and so on have been experimentally proven beyond any possible doubt.

While you're at it, spend \$9 for the paperback of *Write It Down, Make It Happen*, by Henrietta Klauser. This isn't a bunch of new age crapola, it really works. I've got a darned good idea of how and why it works which you'll find explained in my \$3 *Dowsing* book.

In some way the consciousness of our cells and those of every other living thing are in communication, as I've discussed. But it goes beyond that, with whatever this consciousness is also able to

influence matter—like the throw of the dice and the formation of clouds. And rain. My book will help you understand how this works. For now, just use it.

You have far more control over your life and “luck” than you suspect. Yes, you can influence serendipity, just with a positive (or a negative) attitude.

Chelation

This is a process for removing toxic metals from your blood. It also can lower blood pressure, reverse hardening of the arteries, restore impaired vision and memory, and a bunch of other benefits. It's only laziness and the amount of time it would take to get to a doctor that does it that has kept me from going the chelation route. Read *The Chelation Answer* by Walker, and look for *Forty Something Forever*, a consumer's guide to chelation therapy, by Brecher. This \$7 paperback is not reviewed later, but it probably should be.

Mass Murder?

Step aside Hitler, you piker. You only killed twelve million people. Uncle Joe Stalin and Mao did a lot better than that. The AMA's secrecy on raw food has, I believe, outdone all of the mass murderers of history combined. Including Genghis Kahn.

But that isn't their only bloody secret. There is no question in my mind that the AMA has to have known for over ten years of a proven (a patent was granted in 1992!) no-drug cure for AIDS, malaria, Lyme Disease, syphilis, herpes, and any other blood carried diseases, viruses, microbes, parasites, and funghi. This cure, by passing a tiny electric current through the blood, was accidentally discovered by two doctors at a famous research hospital, quietly patented and then kept a secret.

Why? Again, it's the money of course...hundreds of billions to trillions of dollars in potentially lost drug sales.

Just as when Dr. Lorraine Day, Dr. Bruno Comby and other doctors discovered the simple raw-food cure for cancer and *any* other illness (including AIDS), the medical industry has kept this news

from both the public and doctors. They're at it again with this electrical cure for AIDS. With trillions of drug dollars at stake the loss of a hundred million lives apparently is considered trivial. An acceptable loss, considering the stakes. Forty million people now have AIDS world wide and 25 million have died so far. In law this is called murder by depraved indifference. It's also murder for profit.

With 50% of Americans now expected to get cancer of some kind, and 93% of those expected to die as a result...and with 100% of us predicted to get cancer by 2020...and with the medical industry now averaging \$350,000 per cancer case, this is a \$40 trillion (a T) bonanza. Double that by 2020 unless the cat gets out of the bag about these simple cures. The major media, making billions from drug advertising, are not about to blow the whistle on the biggest scam in history and wreck their part of the gravy train. They'd stand to lose all those drug and food ads, and that could put them out of business.

The United States Postal Service has threatened me with huge fines if I make mention of any details in anything I send through the mail of this AIDS cure discovery, or reveal any particulars of the patent which was granted as a result of the development of this technology, so I can't give you the details.

If any group decides to sue the AMA and its members in a class action suit for murder by depraved indifference, I hope the Postal Service and their officials will be included as accessories to murder.

My vision was of mass-produced electrical stimulators which could cost under \$20 being able to quickly stem the millions of AIDS and malaria deaths in Africa. I'm thankful that the medical industry chose to stop me from getting the word out to the public via the Postal Service rather than via a fatal heart attack...like the one that killed Bob Beck recently. So much for freedom of the press in America.

When Dr. Bob Beck, a physicist friend of many years, read in *Science News* that a small electric current passed through the blood had been found to prevent any pathogens living in the blood from being able to reproduce, and thus die, he built a simple device to test the idea on some AIDS patients at a nearby clinic. Bob showed me a stack clinical reports proving the total elimination of the HIV virus.

While I'm disappointed at no longer being allowed by the Postal Service to publish the details of this Nobel Prize-worthy discovery,

I don't think this is any big deal. People should be able to achieve the same results just by rebuilding their immune system via the raw food route. Once a person is no longer knocking it for a loop with poisons, the immune system has the ability to get rid of any pathogens in the blood, and then get to work repairing any physical damage that's been done to the body.

I wrote about the blood purifying discovery in my *73* magazine editorial essays and this brought me an article on building an improved circuit. I published the article and that got a few hundred of my ham operator readers busy making units. Soon I was hearing about them doing all sorts of wonderful things. There were even claims of cancers being cured. I suspect that when blood infections were removed the immune system was then strong enough to eliminate the cancers. Back problems disappeared, headaches and so on. Many users said that, even without diet change, they'd lost their unwanted weight.

Bob, at a Global Science Congress in Tampa, pointed out that using his device he had lost 85 pounds without dieting, and also regrew a full head of hair. He was there as living proof. No more fat, bald old Bob. It sure took years off his looks.

I no longer publish the *Blood Purifier Handbook*, which had a reprint of the article from *73* Magazine. The Postal Service pointed out that since the device had not been accepted by the FDA, it was therefore fraudulent and I could be put in prison for using the mails to defraud.

FDA authorization today is an \$500 million eight to ten year process, so without the prospect of a 25¢ drug which can be sold for \$25 a dose and which is protected by a patent, we're not going to see any legal devices being made available.

Any device, no matter what it cures, will be declared fraudulent and subject the manufacturer and distributors to humongous fines...and/or prison without the FDA approval. Remember what happened to Royal Rife when he discovered a simple cancer cure. They destroyed his special microscopes and put him in prison. And Wilhelm Reich with his discovery of the orgone? Reich's lab and books were burned and he mysteriously died in a federal prison.

The circuit Beck built was simple and made with \$19 worth of parts, but since most people are electronically challenged, I don't recommend

trying to build units at home. Many people are confused about something as simple as connecting two 9-volt batteries in series to get 18 volts for making silver colloid.

Having passed this level of understanding electricity at around seven years of age, this is discouraging, though not surprising, considering our public school system is graduating high schoolers who are barely able to read or make change of a dollar.

I've been recommending that our K-12 schools have an optional eight-year course in the fundamentals of electricity, computers and communications, starting at grade five. It would be taught by a twice a month magazine, since a text book would be out of date in these fields before it could get into print. I'd have regular columns on associated hobbies such as amateur radio and electronic experimenting to help kids be interested in learning more just because it's fun.

This would help steer more kids into scientific careers, providing our country with the engineers and technicians which are desperately needed to work in high-tech businesses.

Getting back to blood purification, quite a few electronically-challenged readers have confused this with Hulda Clark's Zapper. Electronically, they're as different as a radio and a flashlight. I can't see any possible way Clark's Zapper can do anything but stimulate the placebo effect—which is often enough to work wonders. The power of belief can indeed be marvelous and should be researched so we can learn how to use this amazing power. Ahh, but where could research funding for such a project come from? With no pills to sell, the pharmaceutical industry would be shooting itself in the foot. The medical industry, like all others, is driven by money. Just follow the money and never mind what's in the public good.

Perhaps there would be a market for a placebo stimulating device which would feel like it's doing something, just to really get the placebo effect into high gear. In that way we could learn more about the potential of this mysterious and as yet unresearched phenomenon.

Fast Food

How come it takes me twice as long to eat as everyone else? That's because I'm the only one taking the time to actually chew my food before swallowing it. Everyone else chews their food just long enough

to be able to swallow it, and then washes it down with ice water, tea, cola, wine or a malt.

Around a hundred years ago, when Dr. Kellogg did the research, he found that a big part of our digestive system depended on the saliva action in the mouth while chewing food. He recommended that every bite be chewed one hundred times before swallowing. For a while he had several million people actually chewing their food. He didn't do us any favors when he brought us corn flakes, Rice Crispies, and other cold cereals.

It takes me about a minute to chew each mouthful of food until it's ready to be swallowed.

Now, about that stuff you've been drinking while eating. That belly-wash goes to your stomach and dilutes the acid bath your stomach uses to dissolve the food so your intestines can get the most out of it. Well, considering the junk people are shoveling in for food, maybe it's better that it go through the digestive system with as little absorbed as possible.

Okay? Got it? Chew your food thoroughly before swallowing it. Wait a half hour after a meal before drinking any liquid. Then drink a lot...but only pure water. No coffee, no tea, no soda.

Leukemia Success

While almost everyone puts their trust in their doctor rather than make even the slightest effort to learn about their illness, it is gratifying to get letters from readers who have successfully defied the system. A note from one reader, who was diagnosed with Chronic Lymphocytis Leukemia, and was "treated" with Cytosan (cyclophosphamide), which did no good.

When he did some investigating he found that the stuff is used for insect sterilization and experiments in chemical sheep shearing. That did it for him as far as chemotherapy was concerned, infuriating his doctor, who refused to "treat" him further. He then started using a blood purifier, along with some herbs and vitamins and, after six weeks he found that his lymphocytes, which had been around 400,000 cells per microliter (normal range 800-4,000), and had invaded his bone marrow, were down to 7,000 cells per microliter.

Emergency Repairs

If you screw up your immune system with drugs, stress, a lack of sleep, lousy food and so on, then you're going to be heading for a doctor and he's going to prescribe some sort of expensive pharmaceutical product to relieve your symptoms. Sure, when you get a headache you take an aspirin. Well, that stops the ache, but does nothing for what caused the headache. That was your body's warning signal that something is wrong. So you turn off the alarm and then wonder why when all hell breaks loose later.

By the way, as I've mentioned, most headaches are generally caused by you holding your breath. You do it without noticing it when you get tense and the result is a headache. The simple solution is to breathe deeply a few times and then yawn. You'll hear the blood rushing into your head when you yawn and the ache will quickly go away. You should make it a practice to breathe deeply several times a day anyway. Breathe in through your nose, slowly until your lungs can't expand any further. Then hold it for about four seconds. Then breathe out slowly. All the way out. Squeeze the last bit of air out of your lungs. Do this four or five times, and do the routine maybe ten or twenty times a day—maybe when you're drinking water.

How come all this hyperventilation? Well, if you do much reading about health you're well aware that your body needs a lot of oxygen. It runs on oxygen. The sad fact is that scientists tell us that there's less oxygen in the air these days than there was when our body designs were finalized, so we're operating oxygen-starved.

Dr. Douglass has a nice little book on how to fight aging and his recipe is to breathe straight oxygen several times a day, particularly while you're doing some exercise. But it's very difficult to buy oxygen without a prescription, so the next best thing is hyperventilation.

Oxygen

The largest organ in our bodies is our lungs, and they're there to bring oxygen into our blood. We need oxygen for fuel. Plus, more oxygen in our blood helps kill off microbes and viruses. Now, do

you suppose that there's any connection between the dropping percentage of oxygen in our air and the recent increase in all kinds of illnesses? It might even tie in with the increase in gutlessness and lack of creativity shown by our younger generation, since oxygen is critical to their brain's operation.

How much oxygen have we lost so far? In the 1950s it was around 21%, and now it's down to just over 19%! Worse, in the cities it's much lower, due to the extensive heating of buildings by burning fossil fuels, the thousands of cars and trucks, and even millions of people breathing.

One of the benefits of brisk walking or jogging is that it forces us to breathe more heavily and bring in more oxygen. Adding oxygen to our bodies seems to help beef up our immune systems, which in turn can help reverse arthritis, cancers, and other annoying body breakdowns.

It seems to me that if you can remember every now and then to hyperventilate, that's going to bring more oxygen into your system. But I know how difficult it is to remember to breathe.

When we get tense our tendency is to hold our breath, making things even worse. There are few headaches that can't be cleared up by hyperventilating—getting more oxygen into your system, where it first goes to your brain, and then to the rest of your body. The brain uses a surprising amount of oxygen, so when we cut down the supply the brain is one of the first to malfunction.

The lowering oxygen percentage in the air means a higher percentage of nitrogen (and a much higher percentage of CO_2), leading to an increase in nitrogen narcosis, the “raptures of the deep” it's called when you're diving. It's a gradual loss of reality, but one which is not noticeable by the individual involved. Maybe you've noticed a lot of that going around.

If you've read anything about breathing you know that just as we gradually lose the flexibility of our eyes from focusing them at one distance or direction so much of the time—reading, computing, TV watching—we also lose a great deal of our lung's capacity to bring oxygen into our bodies by shallow breathing. Every so often exhale completely and then suck in as much air as you can into your lungs and hold it for a few seconds. Then completely exhale again, as I said. Use more of your lung capacity whenever you think of it.

I see where in Beijing there is a flourishing business in selling oxygen. They have booths where you can breathe 50% oxygen for \$6 an hour. That's a business which could do well in our more polluted cities such as L.A., Denver, and New York. Well, there's a business opportunity for you, if you're awake. Hello?

Any real entrepreneur should see that there's a market for anyone who is health conscious to have a source of pure oxygen, and without having to get a prescription. Enough said?

Magnetic Healing?

I've read a good deal about the power of magnets to help the body heal. I've even reviewed a couple of fine books on the subject and I have a good friend I met at the Global Sciences Conference in Tampa who is an expert on the subject. So I wasn't completely surprised when I got a letter from a reader who was active in the early linear accelerator days.

He explained that the researchers for General Atomics, working on the linear accelerator for Lawrence Livermore in San Francisco, were surprised when their magnetic doughnut-shaped coils collapsed the copper tubes the coils were wound around when the capacitors were discharged into the coils. They didn't know that non-magnetic materials such as copper, brass and aluminum could be formed by a high energy impulse magnetic wave. Once they discovered this they sold units to several companies for forming parts.

In the early days of testing the equipment a technician, who didn't want to bother setting up a special jig, just held the part to be formed in his hand and let loose the magnetic blast. His hand got a severe burn that should have taken at least six months to heal. A few days later it was healed. The company tried to interest people in the medical field, but naturally got nowhere.

One of their men got his ankle shattered while skiing in Nevada. Serves him right for not going to Aspen to ski. Gangrene set in so he was flown to a hospital in San Francisco, where they wanted to amputate. His friends brought him to the magnetic unit and two days later the gangrene was fading away. When the doctors went to operate the ankle had healed. The medical community, of course, still refused

to look at what the group had discovered.

If you've read any of the books I've reviewed on the medical industry this will not surprise you.

There's some confusion between using magnets for healing and the dangers of electro-magnetic fields (EMFs). The EMF fields are alternating currents, from the 60 Hz power lines to cellular radios' radio frequencies. The magnets used for healing are either permanent magnets or direct current electromagnets. And be darned careful which magnetic pole you use, too. One will cause things to grow and the other cause them to be stunted. Check those bean-growing experiments.

The *New York Times* reported on a new study which showed that magnets are being used successfully to alleviate pain. The main problem with using magnets to get rid of pain or healing is that there is no way for the pharmaceutical companies, which are running the medical industry, and the FDA, NIH, WHO, and so on, can patent magnets and sell them at a high price, the way they can their drugs like Viagra at \$10 a pop.

By the way, I hear that nursing homes are giving old men Viagra now. It keeps them from rolling out of bed at night.

Not that I'm a big fan of pain reduction. The body uses pain as a warning that we're doing something wrong. So we take an aspirin to get rid of the pain instead of stopping whatever is causing the trouble. That's like turning off the smoke detector when it goes off to stop that damned noise.

Arthritis sufferers are plagued with pain, so they naturally wolf down pain pills instead of changing the diet that's giving them arthritis, which is 100% the result of doing their body years of damage—mostly with sugar. Dr. Melvin Page reported on this fifty years ago in his *Degeneration→Regeneration*.

But magnets can help get rid of pain, though no one knows for sure why they work. I suspect it has to do with the magnet increasing the blood flow to the painful area.

Before the recent study showing the success of magnets was released they were, of course, considered quackery. Snake oil. Indeed, Professor William Jarvis, a professor of public health and preventive medicine at Loma Linda University and the president of the National Council Against Health Fraud recently published a

paper calling magnet therapy quackery.

I've reviewed a couple of books by Rawls and Davis on magnetism. You want to read Rawls & Davis' *The Magnetic Effect*, 128p, 1975, \$15. It's #701 from *Acres USA* 800-355-5313.

Not only does a magnet substantially affect the growth of seeds and plants, it also can be used for healing a wide variety of illnesses. You use a bar, not a horseshoe-shaped magnet, so you can isolate the effects of the north and south poles. You see, the north pole tends to slow growth and the south pole to increase it. For instance, in the case of cancer you want to stop the growth. A south pole will speed up the healing of cuts and burns. It's almost like magic.

Even more remarkable, you can magnetize water and see the difference when you use it on seeds and plants. Once you read about it you'll be doing as I do and putting the north pole of a magnet under your bottle of distilled water before you drink it. Kids may want to set up a simple science fair project with seeds watered by north and south pole exposed waters and compare their growth with unmagnetized water on the control plants. Those light and music experiments with beans would also make great science fair projects.

I don't want to give everything in the book away. By reading it you'll know more about magnets than 99 out of a hundred scientists. And you'll see why I've been pestering Don Lorimer (Mr. Magnets) to get busy and write a book on the subject. You'll know a lot more than poor old snake oil Professor Jarvis, that's for sure.

Nostrums

Being fairly crepit for 81 and having an obvious interest in staying that way, I've been delving into the how to get or stay healthy literature. What a mess! There are hundreds of books claiming to have found the secret of health. Lordy! And if that isn't enough, every mail brings a booklet, large colorful brochure or a cassette advertising still more ways I can achieve robust health. Guaranteed! And each camp, like our welter of commercial religions, has a group of dedicated true believers.

I've been helped a whole lot by readers who have recommended books or health approaches they've found beneficial. At any rate, in

my role as a reporter and pseudo-teacher, and with my doctor of business and professor of energy caps in the drawer out of sight, I've been doing my best to sort out what looks scientifically reasonable and repeatable in the health and longevity field.

Yes, I know, you probably don't care how long you live. Or even how long or healthily your children live. You know you and they are slowly committing suicide, heading towards heart attacks, cancer or a nursing home, or both, but then so are most other people, right? So you'll just get angry with me when I mention that I've found some promising solutions to being fat (which not only makes you tend to get sick and die much earlier than average, but also makes you ugly), and to your poisoning your body in a dozen or so ways.

There are some good reasons to believe that the blood purifier may help solve the fat problem. Certainly the Comby and Arlin-Dini-Wolf books on eating raw food will. Also, when you avoid allergens and sugar your fat melts away, as does arthritis.

I don't know how much of the stuff in my bulging health literature file really works, but I'll keep reading and talking with the few people in the field I trust so I can report on what looks the most promising.

Dr. Coca claims that when you stop dosing yourself with things you're allergic to you can even stop tobacco and alcohol addiction. Look, you already know that no two people are exactly the same, so it shouldn't be a news flash that we all have different allergies. Eating watermelon stops my vocal cords from working and sure raises my pulse. Raw pineapple even makes my mouth bleed.

A recent TV documentary introduced me to Dr. Doris Rapp, who explained that many of the behavior problems kids have stem from allergies. Dr. Coca's book explains that the scratch test misses many allergens and that the pulse test is much more reliable and sensitive. It's also one heck of a lot easier and cheaper. Which probably explains why so few doctors are aware of the test, even though it's been around for over 40 years.

So we unknowingly feed our kids food they're allergic to, then make them take Prozac, etc., to try and solve the problem, and never mind the side effects...like the Columbine killings by a kid I understand was medicated with Luvox by the school. Please, put on your halo and try to stop this institutional madness.

Withering Sperm Counts

Maybe you read the article in the January 15th ('96) *The New Yorker* on the plummeting sperm count world wide. I recommend this magazine for anyone interested in developing wisdom. Hey, you aren't born wise, you have to work diligently to build wisdom. The Good Lord wipes the RAM slate clean with each new incarnation. Wisdom, by the way, has little to do with IQ. I've met hundreds of Mensans, few of which were either successful or wise. I've found most of 'em to be pathetically ignorant.

Anyway, the article says, "But in this century we have generated all these new chemicals and injected them into the environment, and suddenly the body is exposed to new substances that in some cases can interact with hormone receptors. The human species is totally unprepared for this, because it has never happened before." For instance there's "Dioxin, which is a by-product of chemical manufacturing and of the paper-and-pulp industry, which is present at low levels nearly everywhere in the environment, and can cause an astonishing amount of damage." The article goes on to explain that rats given a very small dose of Dioxin during pregnancy produced males with a 60% reduced sperm count. A widely used pesticide, vinclozolin, emasculated the male pups.

Organic farmers do avoid the pesticides which are in so much of our supermarket food, but their produce still doesn't have the minerals we need unless they're using rock dust fertilizer.

Look, our bodies adapted to the foods and waters in the environment over millions of years. Now, just in the last few decades, we've stopped getting the minerals and vitamins our bodies were designed to use and we've added sugar and a bunch of new chemicals. The result is a wide range of illnesses and a cutting of our potential life span in half. This also has affected our immune system, making us much less resistant to passing bugs and infections.

If all the medical industry had to do was repair people damaged by accidents, the industry would be more like a \$200 billion complex, with almost no pharmaceutical companies, and a tenth as many hospitals. Calling it a "health care" industry is as honest as calling

the War Department the Department of Defense. Har-de-har. Let's really be nice and call it the Peace Department and have a Secretary of Peace.

Actually, America's been going into one country after another with our army, then exiting, leaving a mess behind...like in Haiti and Afghanistan. Let's go back to calling it the War Department and establish a new Peace Department to move in after the military has done their job. Twenty-year-old soldiers, taught to fight, aren't what is needed to rebuild infrastructures such as water, power, and police.

Getting back to health, if you do what I say, and then start getting your family and friends convinced to live healthier lives, it won't be long before we're raising hob with the Social Security scam—perhaps forcing Congress to go the route of Chile, Sweden and many other countries. In Sweden, for instance, the value of the Social Security investments increased by 71% in 1999. In Mexico it was 80%. In the U.S. it was bupkis. Congress just grabbed all the money and spent it.

Milk

I've mentioned milk as a poison, but I didn't go into the details. I should have. I did mention that Dr. Henry Bieler was able to save 100% of the kids in hospitals with leukemia who had been pronounced incurable by their doctors, mainly by stopping them from having any more milk products and feeding them minced raw liver.

And I mentioned that cows are being fed growth hormones, which we then get when we eat the meat. Well, these hormones also increase dairy herd's milk production enormously. The down side is that cows then get mastitis, which puts puss into their milk. That problem has been solved by feeding them antibiotics. Yes, these, too, end up in the our milk, cream and cheese.

Okay, if you pay a good deal extra you can buy milk that has been produced by cows which have not been fed growth hormone and antibiotics. Organic. But that, alas, is not the solution. Raw milk is the best of a bad bargain, but that's almost impossible to get. Calves fed pasteurized milk die. Pasteurizing milk destroys the vitamins and enzymes. Homogenizing it decreases the size of the fat molecules so they can deliver the bovine growth hormone (BGH) and antibiotics all

through our body. Oddly enough, the bovine growth hormone is almost identical the human growth hormone (HGH), so it finds many receptors in our body. No, that's not good.

You can learn a whole lot more about all this by reading Ronald Cohen's *Milk, the Deadly Poison*. Cohen makes a very solid case against our continuing to drink milk—even hormone and antibiotic-free milk. He shows that the incidence of breast cancer around the world closely follows milk consumption. And milk is contributing to childhood diabetes, heart disease, arthritis, kidney stones, depression and allergies.

When the first settlers landed here, bringing the first cows, they produced about a quart and a half of milk a day. Today, thanks to selective breeding, hormones and antibiotics, the average is 24 quarts a day, with some cows producing over 50 quarts!

The saga of how the dairy industry got the FDA to approve of hormone and antibiotic laced milk is another story of FDA corruption, paralleling their okay of aspartame for Searle Laboratories.

If you absolutely can't get along without milk, your safest bet is to buy the hormone-free skim milk and add a pint of whipping cream to it. Better yet, use soy milk...it tastes just fine. You don't need any milk or cream for your coffee because you are no longer socking your immune system with that deadly poison.

Drugging Toddlers

Working parents, impatient with unruly toddlers, are using Ritalin and Prozac to quiet them down, according to the JAMA. The use of these drugs on tots tripled between 1991 and 1995, and who knows where it is now? Well, it does sedate the babies, making life easier for harried parents and day care centers. But there is the very high potential for these drugs to interfere with a baby's normal brain development, lowering their IQ for life, and perhaps not just trivially.

Why are these anti-depressive drugs so popular for tots and youngsters? There is no question in my mind that this is a direct result of the enormous intake of sugar kids are fed today. Cookies, ice cream, pop-tarts, peanut butter and jelly sandwiches, frosted breakfast cereal, chocolate milk, Coke, Pepsi and so on.

And we know that these drugs have some nasty side effects, such as mania, which could help explain six year olds shooting classmates.

Since most toddlers tend to be unruly (the terrible twos and trying threes), and it takes two parents to make as much as one used to, never mind any possible permanent damage to the kid, parents want some peace and quiet right now. Drug the little nuisances.

I prefer the alternative: getting parents to do their homework and stop unquestioningly believing doctors.

Coué

A hundred years ago Émil Coué had millions of people saying, "Every day, in every way, I'm getting better and better." They shouldn't have stopped. If you doubt it, spring \$14 for a copy of Barbara Levine's *Your Body Believes Every Word You Say*. Well, we already know from Stone's *The Secret Life of Your Cells* that every cell in your body is in instant communication with every other cell so, every time we think something it has an effect on our bodies.

When you forget something do you comment on how your memory is getting worse? Well, that thought will help guarantee that it will. When I have trouble remembering something I wait and it comes to me a few minutes later. Then I congratulate my memory on doing such fine work. The result: I've got a damned good memory.

If you've read the *Secret Life of Plants*, you know that they can sense what we're thinking. If you tell them they are going to be big and beautiful, they will. The more you talk positively about yourself, the better you're going to be. The more you put yourself down, the worse it'll get. So watch your language. None of this so and so giving you a pain in the ass stuff. Do you really *want* hemorrhoids? Or so and so makes me sick. Hello flu.

I once knew a beautiful young girl who she kept saying she believed she was ugly. You should see the fat, ugly matron she turned into. Ugh. She sure got her wish.

On the positive side, many people have been helped to survive cancer by visualizing the cancer dissolving and going away. I'd also want to change my diet and not depend totally on positive imagery to save my butt every time.

Just Set A Price

Let me put it this way. How much would you be willing to pay right now to get one more week of life twenty years from now? A buck? A hundred? A thousand? Okay, what would you pay to put off dying today until a week from today? Every nickel you have or could borrow, right? You might want to sit back and think about that. Put it into perspective. How important is next week for you? Next year? Ten years from now?

Does the prospect of being able to live healthily until you are 150 seem at all attractive? Yes, there are men over a hundred who are still fathering children and who are probably a whole lot healthier than you are right now.

Is this important enough for you to make an effort to learn more about your health and what you're doing every day to ruin the fine machine you were issued at birth? Can you get started at changing your lifestyle, stopping poisons and shifting to more and more raw live foods?

Tomorrow

Tomorrow I'll start eating healthier food. Tomorrow I'll start taking those walks. Tomorrow I'll get some sun. Tomorrow I'll buy one of those books Wayne recommended. Next month maybe I'll start that small business I've been thinking about.

Blue collar jobs are moving to lower wage, more highly automated countries. There are no more high paying manufacturing jobs—they're a thing of the past. White collar jobs are being replaced by computers and better communications systems. Upper management jobs are being downsized. Pensions are an endangered species, except for the fast-growing number of government workers, 90% of which we don't need.

A generation or so ago you used to be able to pretty much count on retiring at 65 with a gold watch, a pension and some golf clubs. Then the big corporations figured out that it was a whole lot cheaper to get rid of upper management people by bumping them out before the

generous pensions kicked in. That cut down on their long term liabilities, making their stock options more valuable.

Now, many of us are forced to face that tomorrow when, in our 50s, suddenly we're laid off. Fired. Canned. Talk about a mid-life crisis! You're too old to be of any real interest to another large company. You never put much aside, preferring to enjoy a nice home, an expensive car and lots of toys to planning about tomorrow, so even if you had a small business in mind to start you haven't the savings cushion to do it, nor have you bothered to develop the skills needed. So what do you do?

I remember when a good ham friend of mine, Bill Hoisington K1CLL, got fired in his 50s so Diamond Horseshoe wouldn't have to deal with a pension. He tried for a while to get work, but he was too old. So he moved to Peterborough, bought a small farm, and made a living writing wonderful construction articles for my *73* magazine. His wife helped by taking in old men living on Social Security as roomers who would then somehow manage to die. She buried them on the farm and continued cashing their monthly Social Security checks for years.

One of my uncles worked for GE for 35 years. They dumped him from an upper management position at around 60, so he had to make do with a small pension for the rest of his life.

Are you going to wait until your heart attack to change your eating and living habits? Or until you get downsized before you do some preventative maintenance on your ability to make money? What does it take to get you off dead center?

I Haven't Got Time

A friend called. When he mentioned having been sick I naturally suggested he get some books on health and take some responsibility for his body. He said he didn't have any time to read. I don't either, but knowing how important it is to my goals in life (like living as long as I can so I can accomplish my other goals), I damned well make time.

Books, such as those that are reviewed later in this book and in my *Wisdom Guide*, can help extend your life on to 100 or so. For me that's another 25 to 50 years to learn and teach.

Like most other people, I was brainwashed by my family and our school system to believe that high school, followed by college was the way to become educated. Experience has taught me the long, hard, expensive way, that you can learn more from a good book in a few hours than you can in college in weeks. And the stuff you'll learn will probably be of infinitely more value to you in business and life than anything you'll pass memorization tests on in college. You don't have to go to a class to learn about radio and electronics, all you need to do is read some books and you'll soon know more than most of the teachers. We're so brainwashed that few people ever even think to question the value of college. My folks never did. Heck, my father came along at WWI time and missed college. He went to New York Military Academy and from there into the Army as an officer. That got him into aviation with the Army Air Corps. But he always felt the lack of a college degree, even when he was busy starting new airlines. He started three of 'em, including the first trans-Atlantic airline.

In just a few weeks of reading books by the world's top brains you can become an expert on almost anything.

Beware The NSA

A **73** reader sent me a copy of a couple articles from *Health Freedom News* that got my attention. The first was a reprise of the work Dr. Robert Becker reported in his fascinating book, *Cross Currents*. I hope that some of the less electronically challenged readers may get interested enough to start experimenting with ways to regrow missing body parts through the use of low voltages as pioneered by Becker.

The second part of the article had to do with a friend of the author who had built a chamber which shielded a person totally from all external electromagnetic fields. He then put in antennas to detect the very low levels of frequencies given off by living creatures. Next, he built a wide-band amplifier to amplify these body emissions and feed them back at a high level to get positive feedback. He found that animals could tolerate the treatment for about 30 seconds. The results were amazing. The animal's genes and cells, which are programmed for aging and death, seemed to be reset backwards.

He found that with three treatments a week apart he was able to rejuvenate old and maimed cats and dogs. The next door neighbor's dog, for instance, had been hit by a car some years before and its hind leg had been crushed so it had to be amputated. And there was spinal cord injury. The dog's hair was graying and falling out, it was overweight and had trouble breathing. Three months later the hind leg had regrown, the spinal damage healed, the dog's hair had grown back, now black, it had lost the excess weight, and was breathing normally. It was young again.

The physicist returned home a few days later to find the National Security Agency (NSA) cleaning out his papers and laboratory. They explained that he had no say in the matter. National security. A few days later his house and lab were burned to the ground.

The NSA is twice the size of the CIA and operates both in and out of the US. It monitors phone and radio communications worldwide. All long distance phone calls and faxes are subject to monitoring by the NSA, which uses supercomputers to check for key words and phrases which then trigger an investigation. It can even listen in on baby monitors. If you think I'm exaggerating then you missed the Art Bell interview with an NSA ex-employee who confirmed everything I've read.

Now, if the above isn't total baloney, and I have no reason to suspect it is, maybe it's about time you started working on building a shielded room and sending me information on building wide-band amplifiers. Considering the progress Becker made, the above isn't implausible.

The article also mentioned a chap who has been working with magnetic fields. When he immersed people in a strong field body regeneration occurred. One man had a tumor which blocked 90% of his spinal cord, making him a quadriplegic. 104 hours of treatment totally healed the tumor and the paralysis. Another, blind from degeneration of his optic nerve, regained full sight after 6 hours in the magnetic field.

Meanwhile, is any of that enough to get you to cut back on your TV and do some reading and experimenting? If you do decide to experiment, keep quiet about it so you or your lab doesn't suddenly disappear. Well, not 100% quiet. I expect some confidential reports which I'll publish and then burn the original.

Burying Their Mistakes

Didja see the 60 Minutes segment on how hospitals are covering up their doctor's errors by either not bothering to order a postmortem or even refusing to do one when a patient dies? The Institute of Medicine did a study and found that about 40% of the cause of death on the death certificates of dead hospital patients was flagrantly wrong. They estimated that hospitals have been burying around 100,000 doctor error-caused patient deaths a year.

Between doctors covering up for each other, just as our police do, and hospitals willing to go along to avoid costly law suits, getting sick enough to go to a hospital is an act of monumental stupidity.

Now, when you get sick and go to the hospital, what are your chances of surviving? There are doctor errors, medication errors, the potential for catching something even more deadly than you went in with from some other sick patient, and that doesn't count the food, which is almost guaranteed to keep you sick.

Ooops, I should have written that when you make yourself sick, not when you *get* sick.

Mad Cow Madness

The scare over bovine spongiform encephalopathy (BSE), the Mad Cow disease, has scared Big Mac attacks out of millions of Americans. Well, that can be a big plus for their health, but, as usual, it's a crock.

Yes, there's a lot of BSE in England, no, it's not likely to be spread to the U.S.

The real cause of BSE has been obscured by the furor over the bonemeal being fed to cattle being cited. Cambridge University prion specialist David Brown's experiments have shown clearly that the real culprit has been the use of phosmet, an organophosphate insecticide used in the British warble-fly campaigns.

Naturally, with millions at stake, the insecticide manufacturers ganged up to discredit the research.

In humans, BSE is called Creutzfeld-Jakob Disease. The clusters of CJD downwind of a British phosmet production plant are hard for

scientists to ignore.

Another researcher in the field is scientist and organic farmer Mark Purdey. Purdey, who has been refused any research funding by the British government, has had his house burned down, his lawyer driven off the road and killed, and the veterinarian working with him killed in a car crash—locally reported as “Mystery Vet Death Riddle.” Another researcher, Dr. Bruton, a CJD specialist, had just written a paper on the subject when he was killed in a car crash before it could be published.

How did Monsanto’s rBGH get FDA approval when every other industrialized country in the world has banned its use? To find out if Monsanto’s growth hormones were safe they had to submit a scientific report on it. The report was put together by Monsanto employee Margaret Miller. Just before the report was submitted to the FDA Miller left Monsanto and was hired by the FDA...where her first act was to approve the report she wrote for Monsanto. She was assisted by Susan Sechen, another former Monsanto researcher. The decision not to require rBGH-derived milk to be so labeled was made by FDA official Michael Taylor, a former lawyer for Monsanto.

Your and your children’s health are irrelevant when it comes to making billions of dollars selling hormone shots.

Will this news make headlines and a TV exposé show, or be plowed under by the affected industries? You know the answer to that.

Anyone interested can read the whole disgusting story in the back issues of *Acres USA*.

Now, you can go back to McDonalds or Wendys and keep killing yourself, only more slowly—with the bovine growth hormones and antibiotics, and not worry about bovine spongiform encephalopathy. Maybe you should get their new salads instead. I enjoy Wendy’s \$5 mandarin orange salad.

Those Pesky Root Canals

One of my readers sent along a paper on a new approach to dealing with root canal teeth.

The problem with the normal approach to teeth with root canals is that the millions of tiny tubules that make up our teeth tend to harbor

microbes in that warm, wet medium, once the root is dead. These are a source of infection which can affect the immune system and your body.

It's been discovered that when the dead tooth is packed with calcium oxide that this seals off these tubules, preventing microbes from setting up base there. One commercial product is Biocalex.

That beats the heck out of having to extract the tooth.

Dr. Judd (*Good Teeth, Birth to Death*) is sending out a little pocket calender which includes a list of what you can do to end tooth decay for life (and the need for root canals). "1. All acids corrode teeth, e.g. lemons, vitamin C, soda pop, etc. 2. Rinse acids off teeth with water or milk during eating. 3. Take calcium and phosphate in your diet. That is what teeth are made of: they enamelize as they clean. 4. Brush only with bar soap. Soap removes oils and disinfects gums. Glycerine in all toothpastes blocks reenamelization since it is sticky. Toss out all toothpastes! 5. Take vitamin C for receding gums. Put 1 tsp (4 g) C, 1/2 tsp baking soda in 1" water, let fizz, dilute, drink. Best! 6. Shun fluoride, most negative ion on earth: destroys teeth and over 83 enzymes.

Heartening

I enjoy it when the *New England Journal of Medicine* confirms what I've been preaching vs. what doctors have been saying (and making billions saying it). It turns out that several recent studies have shown that heart attacks and stroke are the result of a lowered immune system rather than cholesterol and high blood pressure. Yes, hypertension and clogged arteries contribute to a lowering of the immune system, which is kept busy trying to clean up the mess you're mouth and your doctor is making of your body. But obviously the other factors which contribute to the weakening of the immune system can't be ignored. Like your not bothering to take supplementary minerals and vitamins to replace those no longer available in our food supply. Like not learning to relax and reduce as much of the stresses of your life as you can. I recommend a good solid daily dose of good music, meditation, and a two mile very brisk walk—in the sun—without wearing your glasses.

You aren't going to choke your arteries with cholesterol if you eat

mainly raw fruit and vegetables, which is what your body is designed to process. McDonalds should have a skull and crossbones instead of golden arches for their logo. Well, I'm not going to go through all that again, but it's nice to see more and more scientific studies backing up what I've read in the books I review—stuff which the AMA has been calling quackery.

There are a growing number of buffet restaurants with fine salad bars. That's where you'll find me eating when I'm traveling.

Human nature, being what it is, and you presumably being human, I expect you'll nod your head and continue doing as you have until the Great Kahuna (a.k.a. Mother Nature) knocks you on your ass with a brick.

Dr. Henry Bieler

My connection with Doc Bieler started 50 years ago when Walt Chamberlin, a fellow ham radio teletype pioneer, came east from Pasadena to work with Charles Dockum on a color organ project for the Guggenheim Museum on Fifth Avenue. I was publishing an RTTY Journal at the time, so naturally we got together. When Walt went back to California I took over the engineering work on the color organ for him. Yep, I once worked on a Guggenheim Grant.

Frank Lloyd Wright designed the new Guggenheim museum around the color organ, hence it's weird mushroom shape. But then the museum got a new director and the color organ project was canceled. Dockum went back to California and I got busy making a new design of loud speaker cabinets. The business grew quickly, so I set Dockum up to run my west coast office, where we had three factories making the cabinets.

On my visits I stayed with Walt and his wife, Sally Bieler.

Only recently, on a visit from Walt and Sally, did I learn that Dr. Bieler was her father and that he had, decades ago, discovered many of the same things I have in my research. You should read his \$5 pocket book, *Food Is Your Best Medicine*. Bieler was way ahead of his time. Walt sent me a copy of Bieler's *The Incurables*, which explains how he was able to cure 100% of kids with "incurable" leukemia.

Barnes & Noble was able to find a copy of *Dr. Bieler's Natural Way to Sexual Health* for me. This 1972 book soon was generously magic-marked. For instance, thirty years ago he wrote, "How the prospective mother cares for herself nutritionally will determine her child's health and its glandular balance in adulthood." And, "Few people in this country are healthy. Why? Because we have flouted, mutilated and broken all the simple laws of Nature. Man, out of his desire for ease, has created unnatural food substitutes which offer little or no nutritional value. And, in his ignorance, he has stuffed himself with these foods, disturbing his digestive system, punishing his liver and kidneys, eventually causing ill health and premature death."

This toxicity causes us to crave more toxins, so we continue with large amounts of coffee, tea, chocolate, cigarettes, alcohol and even drugs. These toxins affect our mind, emotions and our bodies. He goes on to say, "In my estimation, virtually every disease known to man can be cured through the proper use of correct food, neutralizing and eliminating the toxins from the system." This is the same message we get from Dr. Bruno Comby, Dr. Lorraine Day and many other doctors who have been successful in treating just about anything.

Bieler references the work of Dr. Francis Pottenger, whose ten year research project, using hundreds of cats, was published in 1946 in the *American Journal of Orthodontics and Oral Surgery*. He fed all of the cats the same food, the only difference being that one group was fed it cooked and the other raw.

The results were amazing. The cats fed the raw food produced healthy kittens year after year, with no ill-health or early deaths. The cats fed the cooked food developed cancer, liver problems, heart disease, pneumonia, kidney and heart disease, loss of teeth, arthritis, diarrhea, birthing problems, diminished sexual interest, irritability, osteoporosis—the same diseases common to people who eat cooked food. Coincidence?

The first generation of kittens from the cooked food fed cats were sick and had many birth defects. The second generation often were born dead. By the third generation the mothers were sterile.

I've been preaching the Gospel of raw food, but I recognize what William Stekel found in his pioneering psychoanalysis work, that "Our fate is decided in the first seven years of our lives. All that we

learn later is but a superstructure built upon the first impressions and experiences.”

PBS recently aired the latest version of the film interviewing a group of seven year old children. It then interviewed them at 14, 21, 28, 35, and 42. Look in your video rental store for 7, 14, 21, 28, 35, 42. The man or woman at 42 is remarkably like the child at 7.

Bieler points out that the caveman’s digestive system was designed to deal with raw meat. You’ve probably never tasted meat that hasn’t been made toxic to your body, but if you do you’ll find it’s absolutely delicious. How do I want my steak? Just warm it up to body temperature for me, okay? Yum.

Raw Me-eat?

Raw meat. That’s m-m-m-eat.

When people read this book and discover that cooked food is considered by our immune systems as toxic, and that this includes meat, they’re ready to go vegan. Raw meat? Ugggh.

Never mind that our ancestors were hunter-gatherers who ate raw meat for thousands of generations. Or that the Eskimos, who used to be very healthy, lived totally on raw meat.

I enjoyed reading an article by a chef who explained that any customer who ordered his meat well done got the oldest and cheapest meat served to him. The finest cuts were saved for the “very rare” or “blue” customers.

Steak tartare is a favorite in France. That’s raw hamburger with capers. Delicious. And with fondue bourguignonne one dips cubes of raw meat into hot oil at the table. I’ve always dipped mine just for a few seconds.

I’ll never forget a fantastic fondue in a little cabin up on top of the mountain at Vail, where the local ham skiers were celebrating a birthday. They had cubes of steak, moose, venison and elk. And, at that height, the fondue oil didn’t get hot enough to cook the meat much. I loved it! A done-that I’ll never forget.

The transition from 70% raw to 100% hasn’t been difficult for me, though I do still cheat with liver, which I sear for about three seconds on each side. It’s still about 98% raw and fabulous. I like it

much better than steak.

At my age, after a lifetime of beating the hell out of my immune system, I need all the repairing ability it can manage.

Eggs

The egg business was seriously hurt when a report was circulated to the ever gullible media about eggs helping form cholesterol. Surprise! You've been scammed again. Eggs are one of nature's perfect foods. The promoted "study" was done by the Cereal Institute over 50 years ago. They used dried egg yolk powder, not whole eggs. This is just one more example of an industry generating a self-serving "study" to promote their product.

It's also just one more demonstration of the media herd instinct, and their eagerness to unquestioningly make a big deal out of anything that will scare people.

Speaking (well, writing) of products. Salt is another product that's been given a bad name. More baloney, as long as you stick to sea salt and not the refined kind, which has been stripped of the potassium, magnesium and a bunch of other trace minerals your body needs. Plus they add aluminum to help prevent caking. Uh oh!

Well, how about coconut oil? Unless it's been hydrogenated, it's darned good for you. It does not increase cholesterol levels. A good rule is to avoid *any* hydrogenated or partially hydrogenated oils. Stick to extra virgin olive oil, coconut oil and other pure oils. Oh yes, canola oil rightfully has a bad name. Hydrogenated canola oil is what's being used by McDonald's et al to deliver large amounts of unhealthy fat to you via their fries, which soak the stuff up like a sponge. Do you really "want fries with that?"

Formula

In addition to the many studies showing that babies fed formula instead of being breast fed have lower IQs, it turns out that the kids also absorb huge amounts of manganese from the formula. So what? Studies show that high manganese levels correlate with tendencies to addiction to alcohol and drugs, learning disabilities, a loss of

impulse control and violence. Hey, roll out the Prozac!

Lower IQs? Are we talking a couple of points? A long term study reported in *Lancet* showed a ten point difference between breast fed babies and those on formula. That's the difference between a high school drop out and a college grad. Think of all that college money you'll save seventeen years later by using formula!

Babies are particularly susceptible to toxic metals such as manganese and lead, absorbing up to 50% of the metal they ingest, as compared to 8% for adults. Lead? From aging water systems and from the outgassing of older lead-based paints. Lead can cause mental retardation, hyperactivity and attention deficit disorder (ADD). The amount of lead in a child's body by the age of seven is predictive of juvenile and adult crime. Chelating children's blood to reduce the lead content has been shown to increase their IQs by about 7 points in two out of three children.

So, what a parent gains in dumbing down a child with formula to make it easier to outsmart is lost in more obstreperous behavior. Increasing the amount of fluorides in the kid's water might make them more docile, as it does animals. It also lowers IQ, so it has a double benefit for busy parents.

Every time we mess with Mother Nature (a.k.a. God) we seem to get into trouble. This time it's baby formula and, of course, our beloved government getting into the act and making things worse. But let me start at the bottom line so you'll know where I'm heading. A recent series of world wide studies have shown that babies raised on mother's milk instead of formula have an IQ improvement of 10 points. Scientists are attributing this to the lack of docosahexaenoic acid, or DHA, in baby formulas. DHA is an essential structural component of the brain and retina which is found naturally in mother's milk.

The World Health Organization, the National Institute of Health and the Food and Agricultural Organization of the United Nations have all endorsed DHA, so why isn't it in baby formula? That's easy, the FDA has banned its use. Remember, it takes several hundred million dollars and years of tests before the FDA bureaucracy can be budged. Or a cushy job with the pharmaceutical company seeking the okay for the FDA person making the decision. The Catch-22 here is that DHA

ests can't be done in America since it's outlawed by the FDA.

Approximately 60% of the human brain is composed of fatty material and 25% of that material is DHA. Since humans can't produce it, they must consume it. Studies show that the DHA level of women in America today are comparable to that of women in Third World countries. This is attributed to the trend against eating DHA-rich foods such as fish, liver and brains.

During the last three months of pregnancy is when a mother passes along most of the DHA needed by the baby to build its brain and nervous system, so the DHA content of the mother's diet governs the amount that can be passed along to her baby. Then, if the baby is not breast fed, it is deprived of further DHA, thus degrading its mental and visual abilities. The DHA levels of premature babies are particularly low since they miss much of that last three months transfer, plus they are usually bottle fed, thereby compounding the problem.

Recent studies have also indicated that low levels of DHA contribute to many major physical and psychological disorders such as depression, aggression, Alzheimer's disease, Schizophrenia, and Multiple Sclerosis. It's also resulting in attention deficit disorder (ADD) and hyperactivity in children.

One American baby formula company is making formula which includes DHA, but they're only selling it in other countries.

Hey, remember, you are the one who either voted in your Senators and Congressmen or, worse, didn't vote. And they're the people who should be protecting you from the FDA monster they spawned and feed.

When I get the time to put all this baby information together, by the time I add up the ten IQ points you can give your child of through supplying adequate DHA during pregnancy and breast feeding after birth, the twelve points you can gain by using baby signs before the child learns to speak, and another 20 points through giving your baby the right stimuli at the right time, as described in *How To Raise A Brighter Child*, plus another big IQ bonus from using the information in *The Prenatal Classroom* where a child can learn over a hundred words and learn to love music before being born, that'll make the difference between raising an average IQ child and a genius. Your choice. If we can get the word to mothers-to-be we can look for the average IQs of children to be around 150.

How many geniuses do we have today that you can think of? Any genius writers, composers, artists? I can't think of any.

Oink

I love some of the news clippings that mysteriously appear in my e-mail—like news that the FDA has okayed the use of small-intestine submucosa (SIS) from pigs for use with humans. They're using it for chronic sores and the repair of internal organs and hernias.

What happens is that the body sees the SIS as an irritant, so it grows new tissue or skin with cells of the original design (even including hair), replacing the sutured or implanted SIS material. This also works on animals, making it possible to do some fantastic reconstruction work.

Well, we know that pigs are remarkably like humans in body structure and also when it comes to eating and getting grossly obese. Or is it the other way around. If you spend much time patronizing all-you-can-eat buffets you know what I mean about obese. Oink. At the local Chinese buffet I pick out the al dente broccoli, onions and mushrooms, while I watch the oinkers load up on the deep fried greasy stuff and pile their plates high. Several times—busy digging early graves with their teeth.

Anyway, if you or your pooch lose a bunch of skin or need an internal patch, make sure your doctor or vet knows about SIS. Remember, he may not have the same e-mail sources I have. If you do get an SIS implant you may have to fight a strange desire to roll in the er...mud.

I can't read every magazine and newspaper or visit every web site, so the next time you see an item that Wayne ought to know about, email it to w2nsd@aol.com or to box 360, Hancock NH 03449.

Peanut Butter

Kids love it. So do mice and rats. It makes excellent trap bait. Peanut butter and jelly on white bread is a favorite lunch treat mothers give their kids. Hopefully you already know that white bread has no nutritive value and helps contribute to many degenerative illnesses.

It is treated by the body as an invader, calling for the manufacture of white cells to fight it and thus depressing your immune system's ability to fight off other invaders.

Jelly is mostly sugar, a seriously addictive poison. Peanut butter is a solidified fat. Rats, fed solidified fats ate six times as much fat and six times as much food as control groups. It also, in addition to making them fat, matured them much earlier, disturbing the mating cycle. Maybe you've been reading about our children maturing earlier and earlier.

Straight Poop

One of those doctor newsletters which are very thinly disguised promotions for products they're selling, and thus not to what I assign a high level of credibility, made a big deal out of colon cancer. Hmm, my father had to have a couple feet of his colon removed and his best friend died of colon cancer. And I had a close call several years ago when my trusty TRS-80 Model 100 laptop computer saved my life.

No, this isn't a biggie when it comes to killing us off—about 60,000 Americans poop out every year. AIDS does away with 15,000, prostate cancer 39,000 and breast cancer about the same.

This so-called newsletter was promoting herbal colon cleansers. But the part that attracted my attention was a list of ways to get your bowel working right.

When I look around at hamfests and conventions I see a sea of big, fat, constipated guts hanging out over belts. I also see a sea of incipient cancer and heart attack patients.

Constipated? Hell, I was constipated most of my life and I didn't know it. But then, I was fat for most of my first 50 years, too.

Anyway, the newsletter had me nodding in agreement on ways to keep one's colon in good condition. I almost said "shape," but I didn't. F'rinstance, #1: Drink at least two quarts of pure water a day (never tap water, it said, and I agree). #2: Eat more fiber. There is no fiber in animal foods. Vegetables, fruits, grains and nuts, are where the fiber is. #3: Eat natural laxative foods—apples, bananas and prunes. #4: Exercise. Like that fast-walk every day or some time on a bouncer.

Get off that damned sofa and keep your body limber. #5: Avoid stress! Hate can bind you up like ten pounds of cheese. I prescribe a half hour of classical music a day, plus deep breathing at least every half hour when you are drinking that glass of water. I keep glass bottles of pure water handy so that every time my body starts telling me it needs a piece of candy or a bite of dried fruit, I drink water and deep breathe for a couple of minutes.

It's also dis-stressing to think negative thoughts about yourself. There's a lot to be said about Coué and his "I'm getting better and better every day in every way," mantra, as I've said. If you tell yourself that you're not feeling well, your body will dutifully carry through and make you an honest person. Ditto if you say you're losing your memory. But, if you tell your body you love it, and go into some detail, good things will happen.

If you aren't having at least two, and preferably three, loose bowel movements a day, you're constipated and you're going to pay for it in the long run. And that's the straight poop.

To Retard Spoilage

Have you ever given much thought to what that term means on a food package? What kind of spoilage? If it's any kind of a cereal product that probably means some sort of poison to retard the weevils, whose eggs seem to be in every cereal I buy. If I let the cereal sit on the shelf eventually I'll find either worms or flying things hatching when I open the lid.

Now, if they put poisons into food to kill off the wild life that may spoil it for you, what's that going to do to you? And if a food product is so totally unnourishing that insects can't eat it, it sure isn't going to be good for you.

Birth Defects

Didja read the 8-page article in *Newsweek* on the latest research into how much of an effect in later life womb conditions may exert? Well, doesn't it make sense? And doesn't it confirm just what I've been writing?

A baby starts out as a single egg and a sperm, and then starts growing. If the foundations are weak, the building is going to have problems later on. The more a fetus is provided with poor nutrition and toxic substances, the more these things are going to permanently alter the fetus' body and brain growth, and the more they will be reflected in the adult physical and mental problems—including a lower IQ.

With much of our beef and milk now containing the rBST growth hormone, plus the antibiotics farmers have to give their cows to cure the sickness the growth hormone causes, we're getting this stuff when we eat Big Macs and Whoppers. My advice to any woman considering pregnancy would be to lay off all beef until well after your child has been weaned.

The article recommends that mothers avoid all toxic substances such as alcohol, caffeine, nicotine and most prescription drugs. I also recommend that stress be kept to a minimum and that any time the baby may be bumped or exposed to a loud noise that conversation should be avoided for a while. Little Ickey in there will record whatever is said, equate it to pain, and have problems later in life.

Cancer Cured

I get a lot of static from readers who are annoyed (to say the least) by my interest in helping people be healthier. They want me to shut the hell up and leave health to doctors.

But it's letters like the one I got recently from a 75 year old woman. A year ago x-rays showed a cancer in her left lung. Having heard me on the Art Bell show, and being a ham, she sent for my *Blood Purifier Handbook* (which the post office authorities have made no longer available) and, with the help of her son, she built one and used it every day for an hour. Within a couple of months the cancer was much smaller. And a couple of months after that x-rays showed that the cancer was completely gone. The doctor was so amazed that he took more x-rays, just to be sure.

She just told him she'd changed her diet. Since she'd lost 18 pounds, he accepted this explanation.

She also said that her hair has changed back to its natural color.

I love getting letters like this. The word is getting around from people who claim that their lives have been saved by reading this book...and from readers who say, "Hey, this makes a lot of sense!"

So no, I'm not going to shut up until an FDA Swat Team loads me into their van and I disappear.

Now, the question I have for you is this: are you going to wait until your doctor tells you that you have cancer before you do something? Do you really have to be hit with a two by four to get your attention and get you to start changing your lifestyle?

Or will it be a heart attack? Remember, the first warning of a heart attack for most people is death. Die de die.

Violent Kids

Step one: we're feeding our kids Sugar Frosty Fruit Loops and pop tarts for breakfast, loading their systems with sugar. Sugar, which is a highly addictive poison, causes depression.

Step two: the school nurses or their doctors then dose them with anti-depressants such as Prozac, Zoloft, Paxil, Luvox, Celexa, Effexor, Adderall, or Serzone, drugs which tend to make children develop coughs.

Step three: the parents then give their children cough medicines which contain dextromethophan, which magnifies the antidepressant effect dangerously—leading to a PCP-like (Angel Dust) psychotic reaction.

Eric Harris, the Columbine shooter, was under the influence of Luvox at the time of the shooting, and he'd recently been rejected by Marine Recruiters because he was taking antidepressant drugs.

Perhaps, more important than outlawing guns, would be to outlaw Prozac and its ilk. Or to get the word out to mothers about the dangers of sugar. I assume that, despite my urging, you haven't bothered to spend \$6 for Nancy Appleton's *Lick The Sugar Habit*, or William Duffy's *Sugar Blues*. If you read either book you'll cut sugar out of your diet and keep that dangerous stuff away from your kids.

Remember, those kids at Columbine had bombs ready to set off as well as guns and there's no way to outlaw bombs, they're just too easy to make. When I was in high school I had a lot of fun making bombs. All it took was some sodium nitrate, sulfur and antimony

trisulfide. The antimony made huge clouds of smoke. Spectacular. Sometime I'll tell you about the time Charley Opitz, my high-school ham friend, and I set off one of my bombs in a secluded spot in Central Park.

I carefully mixed the chemicals, put it in small cans and made soda straw fuses, using slower-burning powder (less nitrate). I could have made a nice fuse with potassium permanganate and glycerin. One drop of glycerin into the potassium permanganate and in 30 seconds it blazes up. I learned about that from a chemistry set I got for Christmas when I was seven.

We don't need police with metal detectors in our schools to keep out guns, all we need is to change our kid's diets. No more sugar or milk.

Golly, if we can't safely feed little Mikey cold cereal, pop tarts, toasted Flako waffles, toast and jam, or Danish, what on earth is there? How about oranges, bananas, grapes and apples? That's what I'm eating now.

Instant Surgery

Have you read about London's famous Dr. Robert Liston? Well, yes, this was 150 years ago, before Lister, but Dr. Liston set an all-time record when he amputated a man's leg in two and a half minutes (the poor guy died later of gangrene). He also managed to amputate two fingers from his assistant (who also died later of gangrene), plus he sliced through the coattails of a distinguished surgical spectator, who was so frightened that he'd been cut open that he died from fright. That's the only operation in history with a 300 percent mortality.

Coke™

Since my wife is addicted to Coke (the drink), I thought you might be interested in the following email someone dropped on me..... Just when you thought you knew everything...

1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.

2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.

3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl...Let the "real thing" sit for one hour, then flush clean.

4. The citric acid in Coke removes stains from vitreous china.

5. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.

6. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.

7. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

8. To bake a moist ham: Empty a can of Coca-Cola into the baking pan; wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.

9. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, And run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean haze from your windshield.

10. The active ingredient in Coke is phosphoric acid. It's pH is 2.8. It will dissolve a nail in about 4 days.

11. To carry Coca Cola syrup (the concentrate) the commercial truck must use the Hazardous material placards reserved for Highly Corrosive materials.

12. The distributors of coke have been using it to clean the engines of their trucks for about 20 years! Drink up! No joke. Think what Coke and other soft drinks do to your teeth on a daily basis. A tooth will dissolve in a cup of Coke in 24-48 hours. Yes, indeed, things go better with Coke! (Thanks, Art Housholder K9TRG, for emailing this)

And that doesn't count any aluminum you get from the cans. With that stuff able to dissolve almost anything, I'd like to see some proof that we're not getting a good hefty slug of aluminum when we drink a can of it.

That also doesn't count the effect that the 12 teaspoons of sugar you get with each can are going to do to your body. As Dr. Page discovered 50 years ago, all it takes is *one* teaspoon of sugar a day to

disrupt your body's calcium-phosphorus balance, leading to arthritis.

Then there's Diet Coke™! I've updated my Aspartame (NutraSweet) book to 16 pages on the damage this so-called diet drink that's making people fat. And killing 'em.

Heck, even 60 years ago my mother knew not to drink that stuff. I never ever tasted Coke until I was in high school, when I was forced to drink some as part of a fraternity initiation torture. First I had to chew some lye soap. That ate away the lining of my mouth. Then I had to drink Coke, which was real torture. It was a long, long time before I tried Coke again.

It wasn't until our boat (the Drum SS-228) was being refitted in San Francisco and I was going on liberty with my shipmates to the Shamrock Bar that I started drinking Coke-highs—Coke with whiskey. Never liked Coke much though.

Write

No, I'm too far behind in my writing to answer most individual letters and email—they just pile up in my "I absolutely must answer basket"—but that doesn't mean I don't want to hear about your success in changing your lifestyle, and the health improvements that have resulted. I also want to know about any reliable health information you've discover which I really ought to know about.

And remember, once you're healthy and wealthy, I expect you to help fix your local, state, and our federal government.

I've written about what I see as the potential for the U.S. in 2020. About schools that are more like laptop computers, which kids take with them as they visit several new countries every year in small groups. Of colleges with no tuition (and no government funding) which actually prepare their graduates for productive careers instead of (ugh) jobs. Of an end to the war on drugs, of finding wealth-generating work for most of the present government employees. Of changing our prison system and finding wealth-producing work for thousands of judges, tens of thousands prison guards, and maybe millions of lawyers. Of how our farmers can raise ten times as many crops on their land as now—super organic crops, which have all of the minerals our bodies need built in.

I do hope that I've convinced you to live more healthily, and to start spreading the word. I love it when someone orders a dozen copies of this book so they can give them to their friends and family.

Watch my essays on my www.waynegrain.com web site.

Oh yes, please keep after coastproducer@aol.com to have me on the Coast To Coast AM program more often so I can reach more people and help them to be healthier, wealthier and wiser. And if you know of any other radio talk shows, please let them know about me.

Instant Guru

Just using the information from this book you'll be able to help any friend to overcome *any* illness. Your main obstacle will be overcoming their total belief in doctors. Reading some of the medical exposé books I've recommended will give you a lot of ammunition to break down this solidly inculcated belief so you'll have a chance at helping them.

By the time you've rescued a couple of friends from a slow, painful, expensive cancer death by chemotherapy you'll be confident enough to tackle simple problems such as diabetes, arthritis, Parkinson's, and so on. I want you to help take my healing message to the world, and then get your friends to do the same. I can't fight the whole medical-pharmaceutical-insurance monopoly alone. I can only reach a few thousand people via my web site and talk radio, so the monkey is on your back to spread the word further.

With your help we can make this country a virtual utopia. Well, I suggest you start with your state, then the U.S., and then, why not the whole world? By reading my other books and my essay reprints you'll understand my proposals for bringing our educational system into the 21st century, where kids can have fun learning whatever practical things they want, when they want, and at a fraction of the cost of today's public schools. A fraction? About a tenth.

We can cut our government in half or better, with it serving our needs far better than today. We can actually have an honest Congress. We can end the stupid war on drugs, along with most of our drug problems. And that will help empty our prisons and put tens of thousands of lawyers out of business. We can virtually eliminate

lobbyists. We can cut taxes to about 2% of what we're paying today. We can virtually eliminate poverty by improving our educational system.

If we can get cold fusion going we can stop stripping our planet of fossil fuels and energy will cost less than 10% of what we're having to pay today. No more gas stations. No more power plants and high tension wires. Yes, cold fusion really does work. No more fuel oil costs.

With top oil geologists pointing out that global oil production is predicted to peak in 2003, the development of cold fusion power sources could save civilization. Sure, we've been warned about oil running out some day, only to read about geologists discovering new oil deposits. Now they say that petroleum geologists have been nearly everywhere and have made no substantial new finds since the 1970s.

This means that gas prices will be going up as the supply goes down, forcing us to develop and use alternative energy sources. All that's been stopping the development of practical cold fusion power has been the political clout in Congress of the oil-coal-natural gas-power company bloc. High gas pump prices will eventually break the bloc.

Wayne's dreaming, right? Well, that's what many of my readers said in 1970 when I predicted the world wide use of cell phones. And in 1975, the year the first microcomputer kit was announced, when I predicted that computers would be one of the largest industries in the world, with ads for them on TV. Boy, did I get a big hee-haw over that one. They're the third largest industry in the world today. In 1976 I predicted and described the modern laptop computer. In 1983, the year the first CDs were introduced, I predicted that the LP would be dead within five years. Well, my *CD Review* magazine, which I started that year, helped kill 'em in three.

Yes, the change from pizza, Whoppers and Kentucky Fried arteries to raw food is a hell of a shift. It isn't going to be easy. But we'll be seeing raw food restaurants, just as we're seeing more and more buffets with big salad bars. We'll be seeing more books like Phyllis Avery's \$12 *The Garden of Eden Raw Fruit & Vegetable Recipes*. Our supermarkets, which now have organic food sections, will have super-organic sections, packed with produce which has all of the long-missing minerals, as well as being free from pesticides. Our farmers will have to remineralize their land. Canned vegetables and packaged foods will be museum items.

Once our sugar industry is out of business we'll need very few dentists, and mercury poisoning will be a historical note. Now, let's start making this happen!

Yes, we'll be putting a lot of huge industries out of business, but we'll be replacing them with a new, healthier, bunch of big industries. Entrepreneurs getting in early will be the new billionaires, just as they were with computers.

Happiness

Happiness is an extremely important ingredient for health. A bad attitude is guaranteed to be reflected in a tendency toward sickness. It'll also make it far more difficult for you to make the changes in your life that robust health demands.

Since a major cause for distress for most of us comes down to money, I recommend that you read my *Secret Guide to Wealth* and start making changes in that department as well as your diet.

A big factor in success in life has to do with education. You will find very few uneducated successful people, and conversely, very few well educated poor. And no, I'm not talking about college degrees or Ph.D.s Our public school system is infamous world wide for providing less and less education. If you still believe in our colleges educating people you haven't read George Roche's *The Fall of the Ivory Tower*, nor have you wasted four years finding out for yourself (like I did).

Truly educated people are all self-educated. They've done it with books, videos, attending conferences, audio tapes, and correspondence courses. Mostly with books. Now here's where I need your help. We have no Consumer's Union to test self-educational and home-schooling products and, like everything else out there, most of them aren't very good. So, how can I find the good educational products to recommend? By asking you to rate any educational product that you've used. Two ratings, one on how good, from one to ten, you think the product was in providing the education you expected, and two, if you think you really got your money's worth (one to ten).

Mercilessly rate any how-to video, educational book, audio or video courses, conferences, and so on. I want to build a data base for

my web site which will help the producers of outstanding products to get more customers, and force the producers of poor products to improve. I need the company's name, address and the price.

☞ This was my approach with compact discs when I was publishing *CD Review*, and it had an enormous effect on the industry. The major labels that were producing CDs using their old LP technology were forced to update their studios and recording technology. This is also my sneaky way to find outstanding books for me to review in my *Secret Guide to Wisdom*. I've asked the Art Bell listeners to recommend any books they think I'm crazy not to read. It has made a great filter to sift the few kernels of wheat from the mountains of chaff.

The more I can get you to learn, the easier it's going to be for you to be successful, so I'm going to be on your case every time I find an outstanding home-education product you or your kids may benefit from. For instance, I'd love to read even faster, but where do I find self-teaching speed reading courses? And then, how do I know they'll be any good? Or worth the money, even if they are good?

Let's get more and more people to turn off their TVs and use their time to start learning. Please send your educational product ratings to: Wayne Green, Box 360, Hancock NH 03449

Never Say Die

My ham radio call letters are W2NSD. Talk about the power of serendipity! W2—Never Say Die. So what's this mean to you?

Okay, you have in your hand the means, not only to totally regain your health, but to help dozens and even thousands of others to regain theirs.

The magic combo for a happy, long and productive life is for you to be healthy, wealthy, and wise. Any argument on that?

The key to your enjoying this magic combo is both simple to understand, and difficult to implement. It has to do with persistence.

I've just finished reading Donald Trump's book, *The Art of the Comeback*. Serendipity, again. The book had been for sale for a dollar in the Milford (NH) Dollar Store, so Sherry bought it and read it to me over a period of about a week while we were driving on our daily round to the post office and grocery shopping.

The Donald's message for success is a familiar one: work your ass off. Well, that's particularly appropriate if you've got a fat ass. It's the same message Ray Croc, the originator of McDonald's preaches in his book on success, and Napoleon Hill says in his *Think, and Grow Rich*.

Croc says success has little to do with brains, formal education or luck, and it has everything to do with persistence.

The information in this book can totally change your life—if you are persistent. Success depends on motivation, determination, and perseverance.

When I was ten my folks gave me horseback riding lessons for my birthday. The stable had a great little Arabian horse and my instructor was wonderful. Soon I was riding with complete confidence, and even getting good at jumping.

But then we moved from Washington to Brooklyn (NY), when Tommy Luddington and Amelia Earhart sold Luddington Airlines to Eastern Air Transport. We moved in with my mother's folks and my dad got busy starting a new airline—one using flying boats to fly between downtown Boston and downtown New York City. But that's another fascinating story. I'll have to tell you some time how President Roosevelt, a good buddy of Juan Trippe, the president of Pan American Airlines, put my dad's Marine Airlines out of business so as not to be competition for Pan Am.

Cut to 20 years later, when I was starting my first business, manufacturing loud speaker enclosures. I knew that the key to my success lay in my learning about advertising and promotion, so I signed up for a course with the Advertising Club of New York. That was one of the best investments I've ever made. The course was outstanding. Something like that today on video could make millions of bucks.

The club encouraged the students to get out and do things together. One activity had us all take horseback riding lessons in Brooklyn's Prospect Park.

Hey, this was FUN! So I signed up for more horseback lessons so I could regain my riding skills. But I went far beyond the others in this, going on to take lessons with better and better instructors. I was determined to not just be good, but to be great.

Whenever I traveled I rented the best horses I could find and kept

at it. I rode in Santa Monica, Chicago, Washington DC, and wherever I was exhibiting my speaker enclosure at a high fidelity show. When I went riding in Sarasota I rented a horse from the Ringling Brothers stables. The stable master watched me ride and asked if I would help him by exercising his top star performer, Starlit Night. What thrill that was! The horse and I immediately got along fabulously. The horse enjoyed being put through his paces and doing his tricks.

Yes, of course I bought my own Arab horse and I had a fantastic time training him. Eventually I could ride him without a bridle, controlling him entirely with imperceptible leg pressures to change to any gate, turn, stop, back up, and so on. I faked other riders out by telling Colonel what to do as I was giving the hidden signals. They really believed my horse could understand English.

Persistence pays off.

If you want to be healthy you're going to have to change your whole lifestyle. That means raw food, exercise, pure water, stress reduction, plenty of sun, and so on. Have you the determination it takes to change? The guts? The goal is well worth the effort.

Wealth

Same deal. My *Secret Guide to Wealth* explains the guaranteed route to wealth and freedom, but you have to put the key in the lock and open the door. The key, again, is perseverance. Motivation, determination, and persistence. Never Say Die! You'll find that the harder you work, the luckier you'll be.

No matter where you work, if you work hard while the others aren't, you'll be a winner. I've had over a thousand employees, and worked closely with them. But, despite my every effort to get them off their asses, most of them came in as late as they could, took long lunches, left early, and did the minimum they could without being fired. Their interests were with entertainment. Watching ball games on TV. Reading fiction. Taking it easy.

I really tried to get them to read books which would help them do better in their work. I failed. I taped some wonderful lectures on selling, advertising, promotion, and so on, and I couldn't get them to listen to the tapes.

Trump was having a great time building up his real estate projects. Trump Tower, his Taj Mahal in Atlantic City, and so on. Then came the depression of 1990, the result of Congress passing a ridiculous tax law in 1986 which was a disaster for both real estate and banking (the Tax Equity and Fiscal Responsibility Act of 1986). Trump could see the devastating consequences of the law, but when he tried to sell off some of his buildings no one wanted to buy because they figured he knew something they didn't. Why should they buy something Trump doesn't want? Suddenly, Trump's billions blew away and soon he was nearly a billion in debt.

He didn't jump out of a window, he went to work, night and day, and gradually rebuilt his empire. It's a fascinating book as he details how he did it, naming both the good guys and the bad guys.

The 1986 law put thousands of banks out of business, ending up with a handful of monster banking corporations owning them. It also did a job on New Hampshire. With banks no longer able to finance new businesses, and with many larger business either failing or seriously downsizing, unemployment was at a record high.

New Hampshire was particularly vulnerable because tens of thousands of computer workers who worked for DEC, Data General, Wang, Prime, Centronics, and so on lived here. I did my best to warn the presidents of these minicomputer companies that the microcomputer was the wave of the future and that unless they changed their old way of doing business, they'd be out of business. They all said I was wrong. They're now all out of business, wiped out by the personal computer (microcomputer).

And this massive technology stupidity hit at the same time as the banks were folding. The 1986 law destroyed real estate values, often lowering the selling prices of houses far below their mortgage value, so the banks found themselves owning growing inventories of vacant houses and few interested buyers. This blew away almost every bank in New Hampshire.

This was when New Hampshire's Governor Judd Gregg formed an emergency Economic Development Commission to help get the state out of the mess it was in. He asked me to serve on the Commission. I explained that if I served I would probably be a royal pain to the other commissioners. He said that's why he wanted to appoint me.

I plunged in. We held subcommittee hearings on health, education, business growth, and so on. I drove the 50 miles to Concord almost every day for a year, asking questions of the experts testifying at the meetings, and then reading the books they recommended. Soon I was writing reports on the things we were discovering, proposing solutions to the problems, and sending my reports to the Commission members. It was discouraging when I found that very few of them bothered to read them, and that held particularly for the half who were politicians. The business members were much better informed and several were very enthusiastic about my reports and proposals.

What I did was my usual approach. Okay, here's a problem. First, let's understand the problem. Next, let's come up with a creative solution. I've always been solution rather than problem oriented.

Eventually the businessmen members got fed up with the politicians ignoring even the most promising of proposed solutions and dropped out. The Commission evaporated after a year, never submitting a report to the governor and the legislature.

I put my reports together and published them as a book. I sold over 5,000 copies through Barnes & Noble, other New Hampshire book stores, and by mail order.

I proposed practical ways to cut our state government in half within three years; to cut the cost of our schools in half, while enormously improving their educational product; to cut our prison costs by up to 90%, while actually encouraging prisoners to reform; to finance the start and speed the growth of new small businesses without any bank help; and so on.

I've published my proposals in my \$10 **GREEN-PRINT** for NH 2020 book—since most of my ideas would help any state to provide better services for its people and help them cut taxes around 90%. This is a reprint of 44 letters I recently sent to our new governor, proposing ways to improve the state.

While the other members of the Commission were taking it easy, I was determined to do the job I signed up for. The things I learned and my proposals for change are as valid today as they were ten years ago.

Eventually, New Hampshire recovered without any state help, or any Commission help, as the national economy rebounded.

Major Media Attention

The July 2001 issue of *Reader's Digest* had a four page article on changing one's eating habits to repair the damage of a lifetime. The article, "It's Never Too Late," says that on the one hand we assume that we are indestructible, and on the other that once we clean up our act the damage we've done to ourselves can be undone.

It points out that any belief in your indestructibility can be seen as false just by looking at your body in a mirror. The undoing of the mess you've made of things, it says, is largely true—except for bad habits like smoking, which can haunt you for years.

The article pushes eating fish, fruits, and vegetables, brisk walking a half hour a day, and stress reduction.

The February 5, 2001 issue of *Time* had a seven pager, "Repairing the Damage." The sub-heading says, "Ready to turn your life around? It's simple. Eat right. Quit smoking. Get fit. Watch your weight. Drink less. And take it easy. Think it's too late to reverse a lifetime of bad habits? The latest research will surprise you."

Of course, with all that food company advertising at stake, magazines don't dare go into the gory details of eating right by bringing up a raw food diet. I doubt, too, that the writers bothered to do much homework before cranking out the pieces. I'll warrant that they've never heard of Drs. Pottenger, Comby, Day, Bieler, Price, Weston or Malkmus.

Malkmus? That's Rev. George Malkmus. His book, *You Don't Have To Be Sick*, says, "If you stop putting into your body things that created the problems and instead give your body the nutrients it needs to rebuild, your diseases will almost always go away (if the medical approach hasn't already destroyed your immune system with drugs, chemotherapy, radiation and/or surgery.)"

The Rev. is pushing his Hallelujah Diet. Raw food. God's food. And he's helped thousands of people to rebuild their bodies.

What Next?

Once I have you healthy and wealthy, with the time, money and

freedom to change your state, I'll be after you to get out there and help make our country a model for every other country in the world.

We need to flush that Washington toilet and get the federal government out of the socialist mode. The war on drugs has been a multi-billion waste of our tax dollars. The war on poverty has been a trillion dollar disaster. The space station is another waste of money, as was the super collider, and the hot fusion project. Trillions wasted. It doesn't have to be this way.

For now, don't let anything stand in your way as far as rebuilding your health is concerned. Persevere. Make me proud of you. Make your life really count—not one barely lived. Never Say Die!

Your Help

I mentioned getting after the Coast-To-Coast show so I can reach more people with my messages of health and wealth, and Coast-To-Coast is the biggest nighttime talk show in the country. Please tell the host, George Noory, how much you'd like to hear me on the show again at noory@coasttocoastam.com.

If you have any connections with any other talk shows please let me know how I can get in touch with the show's producer.

Musing

From my office window
I watch a dozen deer browsing
Feeling safe at the far field's edge
Hunting season starts in two weeks

Each day starts with the Sun
A beautiful time-lapse sunrise
Over nearby Crotched Mounatin
Heralding endless business meetings

The wall clock clicks out the seconds
With so many yet ahead, I've ignored them
A battery keeps the clock going
I wonder how my own battery is doing?

The one with the most toys wins
Awash in toys, I'll pass on
What did I win?

Now what happens to my toys?

I'll leave books, records, tapes and photos
By the thousands
A lifetime archive
Worthless to anyone but me.

Pictures of family and friends
Treasured books and music
The mileposts of my life
All will be headed for the trash.

Like my father, grandfather, and great grandfather
I'll be another gravestone
In a northern New Hampshire cemetery
And the world will carry on as if nothing had happened.

I have no complaints
I've enjoyed the world and helped it a bit
What would I change if I could do my life over?
Get a thick pad and I'll make a list.

.....*Wayne*

Bibliography

My *Secret Guide to Wisdom* book included reviews of many health-oriented references you'll want to know about. I've reprinted 'em here for you since they're such a good bibliography backing up what I've written.

Like just about everyone, I was brought up by my family to trust and believe in doctors. They were the experts. They spent years going to medical school and then interning to learn their trade. I was, like everyone else, in awe of the strides modern medicine was making which were reported in newspapers, magazines, on the radio and TV.

Vaccinations, heart and other organ transplants, angioplasties, MRI, EKG, sigmoidoscopies, and other such miracles have replaced using leeches to bleed bad humors out of the blood. I believed in the American Cancer Society, the March of Dimes and in giving to help prevent cystic fibrosis and the death sentence of AIDS.

So it never occurred to me it was all a big show and I shouldn't peak behind the stage scenery or look for the control room.

Sources

I've found four major book sources, and you should at least send for their catalogs. **Acres USA** 1, Box 8800, Metairie LA 70011 • 800-355-5313. They stock a dozen of the books I'm recommending. Their catalog will keep you busy reading well into the next century, if the creeks don't rise too much. **Radio Bookstore** 2, Box 3010, Bellevue WA 98009 • 800-243-1438. They stock 14 of my recommended books. No connection with my own Radio Bookshop, which specializes in books for radio amateurs. Then there's the **American Society of Dowzers** 3, 101 Railroad Street, St. Johnsbury VT 05819 • 800-711-9497. They stock 21 of my recommended books, plus a bunch more you'll want to read. **The World Research Foundation** 4, 41 Bell Rock Plaza, Sedona AZ 86351 • 520-284-3300, stocks 7 of my reviewed books. I've marked the reviews with the black numbers accordingly.

Alphabetical List of Books Reviewed in this Section

[The initial word "The" has been left out of the book titles]

- 178. Art of Fast Walking
- 177. Beating the Food Giants
- 165. Book of Health
- 173. Calcium Kit
- 169. Cancer Cure That Worked!
- 174. Chelation Answer
- 170. Choice Is Clear
- 172. Cross Currents
- 165. Dirty Medicine
- 172. Electromagnetic Man
- 177. Electrolytes, the Spark of Life
- 179. Excitotoxins
- 170. Fluoride, the Aging Factor
- 166. Food is Your Best Medicine
- 176. Fountain of Youth
- 168. God's Way to Perfect Health
- 173. Good Teeth, Birth to Death
- 171. Health and Light
- 174. Hydrogen Peroxide
- 171. Immunization
- 175. Impossible Child
- 166. Innocent Casualties
- 171. Into the Light
- 172. It's All In Your Head
- 170. Left For Dead
- 167. Let's Play Doctor
- 177. Lick the Sugar Habit
- 172. Light, Medicine of the Future
- 178. Lights Out
- 175. Magnetic Blueprint of Life
- 175. Magnetism and It's Effects
- 167. Maximize Immunity
- 165. Medicine, What Works and What Doesn't
- 173. Milk, the Deadly Poison
- 168. Nature's First Law: Raw Food
- 167. Nutrition and Physical Degeneration
- 165. Patient Power
- 169. Persecution of Gaston Naessons
- 176. Plague Makers
- 175. Pulse Test
- 165. Racketeering In Medicine
- 169. Rare Earths
- 166. Reclaiming Our Health
- 168. Road to Immunity
- 177. Rock Dust and the Environment
- 173. Root Canal Cover-Up
- 176. Silver Micro-Bullet
- 174. Sprouting Book
- 175. Stop Aging
- 176. Survival of Civilization
- 171. Vaccinations – Social Violence/Criminality
- 172. Warning, the Electricity Around You
- 178. Your Body Believes Every Word You Say
- 166. Your Body is Your Best Doctor
- 179. Your Healing Hands
- 174. Young Again
- 169. Your Body's Many Cries for Water
- 171. Your Personal Guide to Immunization

Racketeering In Medicine - Dr. James Carter, Hampton Roads, ISBN 1-878901-32-X, 361p, 1993, \$13. Subtitle: "The suppression of alternatives." This is the dark side of capitalism as it has ruined the medical industry and run up our medical bills beyond belief. You'll want to read about all of the successful medical alternatives that have been squashed, and why. Like nutrition, chelation, herbal medicine, acupuncture, vitamins, homeopathy, etc. And how the industry controls pharmaceutical prices and the FDA. Please, please read this.

Patient Power - Goodman and Musgrave, Cato, ISBN 0-932790-91-7, 673p, 1992, \$17. This book documents why our health care costs more than any other country, and why we have poorer health than many third world countries as a result. It shows why the Hillary proposal was not just a step, but a giant leap in exactly the wrong direction. Worse, unless we the people start insisting on some major changes, health care is going to keep costing more and we're going to be sicker. But hey, it's your body they're wrecking as they steal your money.

Dirty Medicine - Martin Walker, Slingshot Publications, ISBN 0-9519646-0-7, 733p, 1994, \$24. While this book will be of special interest to anyone with AIDS, it's basically an indictment of the medical industry, complete with exhaustive documentation, for its organized attack on alternative medicine in America and Europe. This included dirty tricks, industrial sabotage and character assassination. It exposes how, under the guise of government regulation, big business, industrial scientists and medical orthodoxy, have defended their products and profits from competition since the last century. With the American Cancer Society, the Arthritis Foundation, the Diabetes Foundation, and every other special illness group totally dependant for their survival on a cure for their illness never being made public, the medical industry is milking us suckers for \$1.5 trillion a year.

The Book of Health - Susan Stockton, Nature's Publishing, ISBN 0-9628770-0-X, 312p, 1997, \$15. This book pretty much backs up the points I make in this *Secret Guide To Health*, but in much greater detail. I spent a lot of time figuring all these things out, so I'm delighted to see my findings supported by Susan. The only negative I have is the lack of an index, and that's a real shame.

Medicine: What Works & What Doesn't - the editors of *What Doctors Don't Tell You*, Wallace Press, 105 West Monument St., Baltimore MD 21201, 182p, 1995. I wore out two hi-liters while reading this fascinating book. If you are ever going to have anything to do with doctors, this is your study manual. In about 9 out of 10 cases they don't know what they're doing, and it's your body and life that's forfeit. They really do bury their mistakes, and far more often than we realize. Hospitals are a leading cause of death through doctor ignorance and error. A Nader study reported that hospitals kill over 300,000 patients a year, just through mistakes. Of course, if you *believe* in doctors, no amount of evidence or reasoning is going to shake your belief. Their vaccinations may even kill your child or the wrong medication kill a parent without that shaking your belief. Of course, if you'd treat

your body right, unless you get into an accident, you're not going to need a doctor for anything.

Innocent Casualties, Elaine Feuer, Dorrance Publishing, 1996, \$15, 174p, ISBN 0-8059-3819-2, is a harrowing exposé of the FDA's war against any non-drug alternatives for curing AIDS. The FDA, though provided with solid proof that True Health had a dietary cure for AIDS, crushed the company. It wasn't patentable, so the drug cartel couldn't make billions of dollars selling it. With each accepted new drug providing an average of \$231 million to feed the tens of thousands of FDA employees and lavishly paid management, and taking an average of 10 years to be accepted, any inexpensive cure for anything is fought with every weapon at their disposal, and they have their own SWAT teams. Read the book.

Reclaiming Our Health – John Robbins, H J Kramer, Box 1082, Tiburon CA 94920, ISBN 0-915811-80-4, 420p, 1996, \$15. If, despite the many books I've recommended which explain how dishonest the medical industry is, you still believe in doctors, let's try one more time. This book is an excellent exposé of the ways the AMA has fought alternatives such as birthing by midwives, chiropractic, homeopathy, and so on. The fact is that birthing by midwives is far safer and less stressful on mothers. A study published in 1991 by the *Journal of the American Medical Association* (JAMA) showed that midwife-assisted births required 23% fewer cesarians and 85% less pain medication. Another study showed that for back pain chiropractors were four times as effective as medical doctors, and at a quarter the cost. You'll have a hard time putting this book down.

Food Is Your Best Medicine – Dr. Henry Bieler, Ballantine Books, ISBN 0-345-35183-5, 237p, 1965, \$6. If you're still not convinced that you can join the 1.5% of Americans who are healthy by changing your diet, squander the six bucks for this pocket book. It's in its 12th printing and still available. But then Dr. Bieler is saying essentially the same thing as Hippocrates did 2,500 years ago—and Drs. Comby and Day today. This approach to health doesn't sell any drugs, so you'll never hear it from your doctor, the AMA or the FDA. Bieler was having 100% success in curing children with leukemia by feeding them minced raw liver. Yu-uk, you say? I love liver raw! It's delicious. Doctors are averaging \$345,000 per cancer patient, dead or alive. Your choice—the doctors have made theirs.

Your Body Is Your Best Doctor - Dr. Melvin Page, Keats Publishing, Box 876, New Canaan CT 06840 (0-87983-540-0) runs 236p, \$6. An ex-employee of mine, who died last year of fatness, swiped my treasured 1949 copy of Dr. Page's *Degeneration→Regeneration*, so I was delighted to come across this 1991 reprint of Page's 1972 book. Please get it. Page, a dentist, noticed that one of the first signs of degeneration of our bodies is dental caries. That's a sure sign that you're eating wrong...wrong as far as your body is concerned, though probably "right" as far as the food ads on TV, radio, and magazines are concerned. Plus around 95% of the stuff in our supermarkets. We're digging our early graves with our teeth—at

least until we lose them. Page echoes with his research what Dr. Henry Bieler discovered. And Dr. Weston Price (*Nutrition And Physical Degeneration*). If you can read the Page, Bieler, and Price books and not make a major change in your diet you are either monumentally stupid (like most smokers), or seriously addicted to sugar. These all confirm what I've been preaching in my essays and are the basis for this book. Through over 99% of human development over the last few million years we ate raw food. Our bodies haven't yet adapted to cooked food, refined sugar and flour, hydrogenated fats, and so on. Our food industry giants and our bad eating habits are shortening our lives by about half.

Let's Play Doctor - Dr. Joel Wallach, Wellness Lifestyle, Box 1222, Bonita CA 91908, 203p, 1995, \$13. Several readers sent me a Wallach 90m tape, "Dead Doctors Don't Lie," which promotes a questionable mineral toddy product. The tape is fantastic, so I sent for his book. It's an absolute must. Wallach leads you through medical terms and prescriptions for a long list of ailments, making this a real do-it-yourself alternative medicine handbook. Wallach spent 17 years as a vet, and then got his "license to kill." He points out that veterinarians long ago discovered which vitamins and minerals it took to keep farm animals from having heart attacks, arthritis, and so on. I use this book for reference almost every day to help me answer reader questions about their health problems. On the other hand you probably won't worry about your health until you've so badly screwed up your body by depriving it of the minerals (which are no longer in our crops) and enzymes it needs that it's almost too late to repair the damage.

Maximize Immunity - Bruno Comby, Marcus Books, Box 327, Queensville, Ontario, Canada L0G 1R0, 905-478-2201. ISBN 0-919951-11-2, 265p, 1994, \$15. This French doctor noticed that animals got sick when fed cooked food, so he tried changing his sicker patients to an all raw food diet. Well, that's the way the human body was originally developed, right? As a result he has had a string of incredible cures of just about every illness, including cancer and AIDS. This diet change quickly rebuilds one's immune system, which in turn reverses systemic, germ, and even virus caused illnesses. Yes, I'm eating mostly raw food these days.

Nutrition and Physical Degeneration - Dr. Weston Price, Keats Publishing, Box 876, New Caanan CT 06840, ISBN 0-87983-816-7, 524p., 1939 & 1998, \$20. Dr. Price traveled all around the world, visiting primitive societies which had not yet changed to a "civilized diet." This book is his report on the health of these societies before and after changing to processed, sugar laden foods. His before and after photos show the deformed bones and teeth our modern diet caused in these people, which got worse with each succeeding generation. Think what your food is doing to you and your children. I was exceptionally fortunate in that my mother never fed me any white bread, cold cereals, jam, or soft drinks, so I grew up with perfect teeth and good solid bones. Dr. Weston visited tribes in Africa, the Pacific islands, Eskimos, Irish fishermen, Australian Aborigines, an isolated group in Switzerland, and North and South American Indians. Before our sugar and white flour diet

arrived, cancer, heart trouble, stroke, Alzheimer's, and most other common causes of death today were virtually unknown. Dr. Livingston in Africa said he'd never seen a single case of cancer until the European diet arrived. A hundred years ago, here in America, cancer was extremely rare. Now it is hitting half of our families. Dr. Melvin Page's book, *Degeneration→Regeneration*, explained how poisonous sugar is to our bodies. One teaspoon unbalances our body's calcium-phosphorous ratio for an entire day, eventually giving us arthritis and osteoporosis.

Nature's First Law: The Raw Food Diet – Arlin, Dini, Wolfe; Nature's First Law, Box 900202, San Diego CA 92190, 800-205-2350, 219p, 1996, \$15 + \$3 s/h. Dr. Comby found he could rescue people from the last stages of cancer, AIDS, and so on by putting them on a 100% raw food diet. When you switch to raw food you don't have to diet to lose weight, it will happen automatically. This book explains that our bodies were originally designed to handle raw food and that it's cooking it that's making us sick. Cooked food is poison, is the message. If you would prefer to live with arthritis, diabetes, heart trouble, Alzheimer's, Parkinson's, cancer, and so on, then continue to eat cooked food and help support the medical industry's \$1.5 trillion take. Yes, it's difficult to make such a radical change, so you have to decide whether getting over your chronic illnesses and adding another 30-60 years of healthy living is worth the effort. You will probably nod your head yes and then continue to slowly poison your body until it breaks down. Then you'll go to a doctor and generously help support the pharmaceutical industry as it helps kill you.

God's Way to Ultimate Health – Dr. George Malkmus, Hallelujah Acres, Box 2388, Shelby NC 28151, ISBN 0-929619-02-1, 282 large pages, 1995, \$19. If you've been resistant to accepting that cooking food turns it to a poison as far as your body's reaction is concerned, thus lowering your immune system and opening you to a wide variety of illnesses, this book is packed with facts that will leave you little room to justify continuing to bring on cancer, a heart attack, arthritis, and so on. Malkmus says much the same things as I do in this book. The subtitle is: "A common sense guide for eliminating sickness through nutrition." If you're into religion, the book is heavily Christian oriented. I do disagree with Malkmus on one point: vegetarianism. Our ancestors have eaten meat for millions of years, so our bodies have a need for meat. I agree that the meat available commercially today is nothing like that of even a hundred years ago, when beef had about 3% fat and the use of growth hormones (rBST) and antibiotics were unknown. It's no wonder that the age of puberty has gone down just in the last hundred years from around 16-17 to 10-12.

The Road To Immunity - Kenneth Bock & Nellie Sabin. Pocket Books, 426p, 1997, \$14. You'll need a big pocket for this one, it's 7" x 9" and thick. The subtitle is, "How to survive and thrive in a toxic world." Well, a big part of survival has to do with keeping your immune system at industrial strength, and the other is not being caught with your neighbor's wife. You get your immune system up to speed by eliminating toxic intake and giving your body the nutrients, water, sun, and

fresh air it's been designed to use. This book goes into details on the toxins which are cramping our style. It's a good manual, going into far more detail than I have in this book, but telling essentially the same message about how to cure yourself of almost any disease and then how not to get sick in the future.

Rare Earths by Drs. Joel Wallach and Ma Lan, Double Happiness Publishing, Box 1222, Bonita CA 91908, 496 large pages, 1994. \$21 postpaid from publisher. Here's the story on the 60 trace elements our bodies desperately need for health, but which are no longer available from our food unless it is super-organically grown. This is an absolutely fascinating and thoroughly documented book. You'll find it invaluable as a reference on the importance of the elements your body needs, and why each is needed. The section on colloidal silver on pages 282-283 is worth the price of the book.

The Cancer Cure That Worked! - Barry Lynes, Marcus Books (see *Maximize Immunity* on page 166 for the address), ISBN 0-919951-30-9, 168p, 1987, \$11. ③ Wait'll you read about Royal Rife and the powerful microscope he invented, years before Naessens. He, too, saw the fundamental life forms, which he called microzemas, and he too developed, as a result, a cure for cancer. A successful cure. The result was that he was put in prison and his microscopes were destroyed by the FDA. But he didn't fare as badly as Wilhelm Reich, who's inventions and books were destroyed, but who then mysteriously died while in prison. Alas, I haven't seen any good books on Reich to recommend. Rife developed a method of treating microbes with radio frequencies which disintegrated them, as he watched with his super-powerful microscope. There are a lot of fake Rife machines on the market.

The Persecution and Trial of Gaston Naessens - Christopher Bird, H.J. Kramer, ISBN 0-915811-30-8, 320p, 1990, \$13. ③④ Chris Bird was one of the authors of the "plants" book, so I got in touch with him and found out about his more recent book on a Canadian doctor who had invented a microscope so powerful that he was able to see the life forms which get together to make cells. Somatids, he called them. He found these somatids were almost indestructable, being able to survive both 600° and near-absolute zero temperatures. He discovered some basic things about disease which allowed him to devise a cure for cancer, AIDS, and other immunologically-based diseases. The medical establishment wasn't about to allow this, so they tried to have him put in prison. It's a fascinating story, and one you'll enjoy, and it'll give you an idea of the power of the medical industry, in collusion with the FDA, the pharmaceutical industry, and the insurance companies. The hundreds of patients cured of cancer by his L-214 testified at his trial and got him acquitted. Royal Rife wasn't as fortunate.

Your Body's Many Cries for Water - F. Batmanghelidj, Global Health Solutions, Box 319, Falls Church VA 22043 (703-848-2333), ISBN 0-0629942-3-5, 182p, 1995, \$15. ①②③ Not only will this book have you drinking at least 8 glasses of water a day, but you'll be recommending it to all your friends. This is a most

convincing book—one your doctor would do well to read. The subtitle is: “You are not sick, you are thirsty! Don’t treat thirst with medications.” Which is what virtually all doctors are doing. What kind of illnesses? How about obesity? Arthritis? High blood pressure? High cholesterol? Allergies? Diabetes? Headaches? Back pain? Stress? Depression? Fatigue? Yes, caffeine is an addictive drug. Aspartame (NutraSweet) deadly. This, like the Comby book, can change your life.

The Choice Is Clear - Dr. Allen Banik, Acres USA, ISBN 0-911311-31-9, 40p, \$2.50, 1971/1995. ❶ Arthritis, kidney stones, emphysema, obesity, constipation, cataracts, diabetes, can they all stem from one common cause? You bet. Banik makes a good case for water. We’re all dehydrating ourselves, plus we’re drinking the wrong kind of water. How about Capt. Diamond who was bedridden with arthritis at 70. He changed the water he was drinking and at 103 walked from Sacramento to New York, and died at 120. But I suppose \$2.50 is too much to pay for an added 50 years of life, right?

What You Need To Know About Water Dr. Kurt Donsbach, Rockland Corp. 800-421-7310, ISBN 1-56959-576-3, 57p, 1989, \$4. Yes, your drinking water is killing you. Slowly, but surely. Dr. D confirms what the other water books tell you: Don’t Drink Tap Water! Distill it! He explains what’s in it that’s doing the damage and why these pollutants are there in your city water. Please read the gory details if you are too cheap or lazy to spend about \$120 for a home still. I recommend a nice still from www.steamdistiller.com.

Fluoride, the Aging Factor - Dr. John Yiamouyiannis, Health Action Press, ISBN 0-913571-03-2, 292p, \$15. ❶ Fluoride is a deadly poison and it’s being put in your drinking water. It has never provided any health benefits, and is responsible for a long list of illnesses. You are not going to trust the ADA, the FDA, the AMA, or any other power group after reading this exposé. Worse, you’ll be doing as I do now, and drinking only distilled or reverse osmosis treated water. Hey, don’t take my word for it, read this thoroughly documented book.

Left For Dead - Dick Quinn, Quinn Publishing, ISBN 0-9632839-0-1, 202p, 1992, \$13. ❸ If you want to retain any shred of confidence in your doctor, your local hospital, or the medical industry in general, do not read this book! Quinn had a heart attack and the usual by-pass operation. It wasn’t until later that he found out what a rip-off this stuff is. Quinn takes you through his experience and how he serendipitously discovered a simple route to avoid heart attacks via cayenne pepper. I’m not easily convinced of things like this, but I just bought another pound of cayenne and I’m taking some every day. A heaping teaspoon in a small glass of V8 juice, with a heaping teaspoon of minced garlic is a real waker-upper in the morning. The cayenne only burns twice. I recommend you read this book *before* you have your heart attack, complete with expensive by-pass surgery, angioplasty, and so forth. When you see the honest report on the high percentage of failures of these operations you’re likely to almost be upset.

Immunization - The reality Behind the Myth - Walene James, Bergin & Garvey, ISBN 0-89789-360-3, 286p, 1995. ④ Once you read this book you will never allow a doctor to give you another vaccination for anything. Nor will you allow your children or family to have any vaccinations. They are a medical scam. They not only don't work, they often cause enormous medical problems for children (and adults). You may even start pushing your congressman to end compulsory vaccinations. Polio shots have caused more polio than ever happened without them. My childhood vaccination resulted in me having sinus trouble for years, hay fever and asthma, ear infections, and a bunch of other problems. And I was lucky. Miss America went deaf as a result of her vaccination. Multiple sclerosis, diabetes, arthritis—it's a long discouraging list. It's all about money, as usual—the about \$100 billion the medical industry makes from them.

Vaccination - Social Violence and Criminality — Harris Coulter, North Atlantic Books, 300p, 1990, ISBN 1-55643-084-1, \$20. Subtitled: "The Medical Assault on the American Brain." This carefully researched book makes it clear that childhood vaccinations have been and are causing terrible things to happen to millions of children. For instance, autism was virtually unknown until baby vaccinations. "Childhood vaccinations cause various type of mental retardation, ranging from a slight drop in IQ to total idiocy; they also generate dyslexia and other reading disabilities." The book shows the steady decline in SAT scores and the correlation with the increased number of childhood vaccinations. My copy of the book is heavily high-lighted. The authors make a very good case for vaccinations to be responsible for the enormous increase in autism, dyslexia, hyperactivity, allergies, crime, hearing loss, asthma, mental and nervous system disorders, personality disorders, drug use, and diseases of the eyes and ears. The medical bureaucracy's response to the mess vaccinations are making has been with Prozac, Ritalin, and Zoloft. Our schools have reacted with metal detectors to keep out guns and knives.

Your Personal Guide to Immunization Exemptions - Grace Girdwain, Dorrance Publishing, 643 Smithfield St., Pittsburgh PA 15222, ISBN 0-8059-3319-0, 34p, 1992, \$11. Please read the Walene James book to find out the truth about immunization shots. No, you don't have to have your children immunized, and this book explains how to handle this. Ditto international travel. Ditto even in the military. Shots are a Russian Roulette deal, with no benefits and plenty of drawbacks. This is a very handy guide to have on hand when the situation arises. Know your rights not to have stuff injected.

Into The Light - Dr. William Douglass, Second Opinion, ISBN 0-9626646-5-0, 340p, 1993. This has to do with the use of UV light to treat blood, and the fantastic results it provides. There's a long list of ills it helps, including just about any kind of infection, including pneumonia, and artery hardening.

Health And Light - John Ott, Ariel Press, ISBN 0-89804-098-1, 229p, 1973, \$10. How has our isolation from the sun via windows in our homes, offices and car,

plus eyeglasses, affected our health? I guarantee you'll be outside getting those UVs into your eyes for a half hour a day after reading this book. It's very well researched, with Ott's discovery coming about serendipitously when he was trying to photograph flowers. Ten bucks well spent. Your office and home lighting are helping to depress your immune system, making you wide open to just about any bug or virus that comes along. And school classrooms change like magic when full spectrum lights are used, with grades going up and kids no longer fighting.

Light, Medicine of the Future - Jacob Lieberman, Bear & Co., ISBN 1-879181-01-0, 255p, 1991, \$17. ②③④ Lieberman has carried on Ott's research. All cells radiate light, plus there are weak radio signals from the cells of humans, animals and plants, and these are particularly strong during cell division. Kirillian photos of the fingers enable the diagnosis via recognizable patterns of a range of conditions from brain tumors to schizophrenia. Under UV light cells are able to repair themselves much faster and reversed their aging. You'll want to read the Dr. Douglass' book on light too.

Electromagnetic Man - Cyril Smith & Simon Best, St. Martin's Press, ISBN 0-312-03730-9, 344p, 1989. Nicely researched book on the effects of magnetic fields on cells and people. You'll see why I keep writing essays about the harm than can come from being exposed to EMFs and cellular phones. Recent research has confirmed the cell phone to brain tumor connection.

Cross Currents - Robert Becker, Tarcher/Perigee Books, ISBN 0-87477-609-0, 336p, 1990, \$14. ③ A look at the effects of electromagnetic radiation on your health, and the promise of electromedicine. Will we be able to regrow lost limbs the way salamanders do? How does the earth's magnetic field affect us? How about power lines and appliances? How electricity helps bones mend. This is a book you're not going to put down, and will have highlighted segments on almost every page by the time you're through. No, Robert Becker is no relation to Robert Beck.

Warning: The Electricity Around You May Be Hazardous to Your Health - Ellen Sugarman, Simon & Schuster, ISBN 0-671-75875-6, 238p, 1992, \$11. This is an exposé of the efforts of the power industry to deny, cover up, and defraud the public about the dangers of electromagnetic fields from their power lines. It explains how to measure your EMF exposure and how to avoid exposure. Yes, sleeping under an electric blanket can help make you sick, and can cause permanent harm to an unborn child. Why gamble? Spend the \$11.

It's All In Your Head - Hal Huggins, Life Sciences Press, ISBN 0-943685-06-0, 236p, 1989, ②④ - Box 2589, Colorado Springs CO 80901. "Diseases caused by silver-mercury fillings." Dental amalgam can cause severe medical problems if you are sensitive to mercury, which is a deadly poison. I guarantee that if you read this book you'll have your amalgam fillings removed and replaced with non-toxic fillings. Ditto your whole family. This research is backed up by reports in several

other books I've read, plus I've attended a lecture by Huggins, complete with some extremely convincing videos of startling recoveries. One of my grandmothers (I had two) died of multiple sclerosis, which was in all likelihood caused by her fillings. The other died of a stroke, which was caused by her diet.

Good Teeth, Birth To Death, Dr. Gerard Judd, Research Publications, 6615 W. Lupine, Glendale AZ 85304, 117p, 1997, \$8. If you are still not convinced that the fluoridation of our water supplies is a total scam, then spend the \$8 and get the facts. I guarantee this book will turn you into an activist. The fluoridation of our water supply not only does no good for children's teeth, it's causing a myriad of illnesses to them and the rest of us. It's poison, pure and simple. Judd also lowers the boom on amalgam fillings. Our government, with the backing of the ADA is killing us, slowly but surely. How much crap like this does it take to get you mad? Judd explains the composition of enamel, how it comes off, how it is regenerated daily, what things dissolve it quickly, what causes the colors in the enamel, why teeth are brittle and chip, and why gums detach from teeth leading to gingivitis. He shows via charts why the use of fluoridation and mercury produces decay, fluorosis and mental dementia. You can generate your own perfect enamel. At 80 Judd has 80% of his original pearlys. Call 623-412-3955 and he'll send you a copy for which you can then send him the \$8. You can't beat that offer!

Root Canal Cover-Up - George Meinig, Pion Publishing, ISBN 0-945196-19-9, 225p, \$20. Can bacteria hide in the catacomb structure of your root canal'd dead teeth? This book could explain why you have a number of chronic illnesses, and show you how to get well. Can one dead tooth cause heart problems, rheumatism, cataracts, kidney and gall problems? You bet your bippy. Read about the work of Dr. Price, which has been covered up by the dental mafia for over 70 years. Read also what the introduction of white flour and sugar has done to the health of every primitive tribe. And us. And you and your family.

The Calcium Kit - Dr. A.F. Beddoe, S&J Unlimited, 64p, 1995, \$33 (with pH test tapes), Box N, Oroville WA 98844. The chapter on distilled water is worth more than the price of the whole kit. Calcium is your most important mineral. This book explains how you can get the right amount—what supplements there are that actually work, the vital minerals and vitamins that go with calcium. It's your body and this is one of the more important operating manuals. Or you can wait until you've screwed things up so badly you have to go to the doctor. Then you'll find out at great expense that they aren't as good at repairing the damage you've done to your body as you hoped. No, drinking milk is the wrong answer. Really wrong.

Milk, The Deadly Poison - Robert Cohen, Argus Publishing, 301 Sylvan Avenue, Englewood Cliffs NJ 07632 - 201-871-5871, ISBN 0-9659196-0-9, 317p, 1998, \$25. I wish the author was exaggerating, but he makes a very good case. There are three major problems with our milk supply, all serious. Firstly, the human body does not do well with cow's milk. We're geared to human milk, which explains

why so many people are allergic to milk—so allergic that they can't handle it. What is not so well understood is that most of us are allergic to it, but to a lesser degree, so it only makes us a little sick, or only depresses our immune systems a little, making us less able to fight off passing bugs. Worse, by adding in a few other insults to our immune systems we become wide open for cancer and heart disease. Insults? Like known poisons such as caffeine, alcohol, nicotine, NutraSweet, mercury (dental amalgam), root canals, sugar, white flour products, and so on. By the way, making matters worse, we pasteurize the milk, making it even worse for us. Calves fed pasteurized milk die. Then there's the fat we get in the milk. With such a high percentage of our population obese, this is not healthy. Fat people get sick easier and die much younger than skinny people. The book is packed with facts and solid references. It is not the usual hysterical unsupported screed.

Young Again! - John Thomas, Plexus Press, ISBN 1-884757-75-8, 384p, 1994, \$20.❶ "How to reverse the aging process." A guide to ageless living. Outside of Thomas needing to read the Comby book, there's a lot of very valuable information here, if you have any interest in outliving most of your compatriots. I've got so many things I want to accomplish that I've been reading every book I can find on health, and have been applying the more reasonable ideas. If this book only adds a month to your life, is it worth the \$20? Maybe not now, but when you are dying several years before you should, you'll pay every dollar you have for another month.

Hydrogen Peroxide, Medical Miracle - Dr. Wm. Douglass, Second Opinion, Box 467939, Atlanta GA 31146, 800-728-2288, \$13.❶ Dr. Douglass hasn't disappointed me yet. You can get food grade hydrogen peroxide at many drug stores and fight depression, infections, allergies, pneumonia, the flu, and even cancer, leukemia and AIDS. Once you read this you'll probably want to subscribe to Douglass' newsletter, which I enjoy.

The Chelation Answer - Morton Walker, Second Opinion, \$15. Chelation can lower your blood pressure, cure hardening of the arteries, help stroke problems, all without the usual by-pass baloney. Better read this before the heart attack or stroke, eh? Or wait until after and kick yourself. We get too late smart.

The Sprouting Book - Ann Wigmore, Avery Publishing, ISBN 0-89529-246-7, 116p, 1986, \$8. Sprouts are an excellent, low cost food source. They're pathetically easy to grow, they taste good, and they're very nutritious. In a small area on a kitchen table I'm growing enough sprouts every week to keep me supplied with a big bowl of salad twice a day. Well, I do cheat by adding spinach beet greens and Swiss chard to the salad, plus some sunflower seeds, pine nuts and golden raisins. It only takes a few teaspoons of seeds to grow an awful lot of salad greens. Summer or winter. All you do is just keep the seeds watered two to four times a day and in a few days you'll have a dish full of delicious sprouts. I grow nine kinds of sprouts every week for my salad, using some commercial sprout growing dishes which dribble water down through three layers of seeds. The Kitchen Crop Sprouter units

come with three growing dishes which nestle one atop the other. There's a bottom dish for the water that's dripped through the three seed dishes, and a top water dish that slowly drips the water down through the seed dishes. I lift off the seed dishes, empty the water from the bottom dish, put the stack back together and add a cup of water to the top dish. That's all there is to it. I use three of these sprouting units, but if I was going to be cut off from all outside food I'd probably go to six of them. I think I could live happily for months that way. It beats having to stock up on canned goods and other such unhealthy stuff. When readers ask me about eating grains I say sure, as long as you sprout them first instead of cooking them.

Magnetism and Its Effects on the Living System - Davis & Rawls, Acres USA, ISBN 0-911311-14-9, 132p, 1974. ① Biomagnetic experiments you can do with seeds which have enormous implications for humans. One wonders what you might be able to do with some of the new incredibly powerful magnets. Those companies selling magnets to cure illnesses, is there some validity? What are the implications of biomagnetism with sperm? Maybe you'd better read this one.

The Magnetic Blueprint of Life - Davis & Rawls, Acres USA, ISBN 0-911311-17-3, 150p, 1979. ① More on magnetic healing, ions, food, etc. Can magnets speed healing and reduce pain? Can a magnet's north pole slow aging? A south pole help build muscles, strengthen organs? Magnets are being used to help wounds heal quickly, and to stop the growth of tumors. If you know of anyone with a brain tumor, they need to know about this. There's a Dr. McGinty in California who has been curing cancer with a super powerful magnet. The book also shows some great experiments you can do at home.

Stop Aging - Dr. Wm. Douglass, Second Opinion, ISBN 1-885236-02-6, 47p, 1995. The fact is that if you treat your body/mind right you can live 120 and more years healthily. If you poison it with drugs, smoking, chemicals, too little water, and food you shouldn't be eating, you can easily cut that in half. This book explains the benefits of giving your body more oxygen. The results can be spectacular. Now call Second Opinion and buy the \$9 book.

The Pulse Test - Dr. Arthur Coca, St. Martin's Press, ISBN 0-312-95699-1, 186p, 1996, \$5. If you have migraine, headaches, ulcers, high blood pressure, backaches, diabetes, etc., you should run, not walk to get this el cheapo book. Coca explains how simple it is to find out what your body is allergic to, and we're all different in this respect, just by timing your pulse. You time your at rest pulse and then eat a suspected food and if your pulse goes up, you're allergic to it. Ditto any other allergens you're exposed to—like dust, pollens, chemicals, and so on. When you start avoiding allergens some magical things happen.

The Impossible Child - Dr. Doris Rapp, Practical Allergy Research Center, 161p, 1986. \$13.50pp, Box 60, Buffalo NY 14223. How allergies to foods and things we breathe can affect kids' (and older people too) behavior. Attention Deficit Disorder

(ADD) may merely result from an allergy. Children called lazy, dumb, nasty, rude, hyperactive, irritable, or slow may be reacting to a chemical sensitivity. The book shows how to test for allergies and thus give children an optimum opportunity for success, learning and achievement. Adults too. Also read *The Pulse Test*. If more parents would read this book we might not have so many kids killing kids.

The Plague Makers – Dr. Jeffrey Fisher, ISBN 0-671-79156-7, 256p, 1994, \$23, Simon & Shuster. Subtitle: “How we are creating catastrophic new epidemics—and what we must do to avert them.” Doctors have been seriously overusing antibiotics, with the result that more and more germs (and viruses) have developed resistant strains. Take TB, for instance. It was almost eliminated, now it’s back and killing over 3 million people a year. Worse, we’re using tons of antibiotics to stimulate growth in the animals we eat. Your supermarket doesn’t tell you what you’re getting along with their chicken or beef packages. And your doctor isn’t going to tell you what great stuff (like the monkey virus SV-40) you’ll be getting along with those vaccines he’s shooting into your arm or rump. Even if he knew he wouldn’t tell you.

The Silver Micro-Bullet (Mild Silver Protein) by Dr. Paul Farber, PPP & Health Services, ISBN 1-887742-00-X, 616 pages, 1995, \$30. Silver colloid seems to be miracle stuff. This book tells all about using it, but avoids explaining how to make it, which is stupidly simple. It’s very cheap to make, but expensive to buy. When I get some time I’ll gather all of the information together I’ve accumulated and do a booklet. You drink it. You wash anything you want rid of germs with it. I note that Dr. Douglass, who has been saying the right things in his books, has warned against drinking silver colloid. I’ve written him, asking why. No answer. I talked with Dr. Farber just recently and he says they’ve been having considerable success with AIDS and Lyme Disease using silver colloid. If you have trouble getting the book, write Dr. Farber, 9639 Hillcroft #117, Houston TX 77096. And look into the silver colloid making kit I have available for \$37 postpaid by priority mail. It’s already to use.

Fountain of Youth - Peter Kelder, Harbor Press, ISBN 0-936197-25-0, 50p, \$11.50, 1985. Harbor Press, box 1656, Gig Harbor WA 98335. Kelder claims if you use the six simple exercises he describes that you will live longer and healthier. There’s plenty of evidence that he’s right and I should be doing these exercises every day.

The Survival of Civilization, John Hamaker, Hamaker-Weaver Publishers, R1 B158, Seymour MO 65746, ISBN 0-941550-00-1, 218p, 1982, \$12.00. Despite its overblown apocalyptic predictions, this book sure backs up Dr. Joel Wallach’s complaint about the demineralization of our soil, a situation which is increasing the CO₂ in our air world-wide, making our forests sick, and us too, as a result of our bodies no longer getting the trace minerals from our food that are needed for health. Hamaker recommends spreading ground-up rock on our soil to bring us, our animals, and forests back to health. You really want to read this one.

Rock Dust and the Environment, Donald Supkow, 28 Sefton Circle, Piscataway NJ 08854, \$1.50, 48p. If you have any doubts about the Hamacker *Survival of Civilization* book, which recommends putting rock dust on our fields to improve the nutrition of our food, then splurge a big \$1.50 (plus an SASE with two stamps) on Supkow and get the facts. More facts. Rock dust, which is remarkably inexpensive, not only improves the yield of all foods, but also helps counter the CO₂ buildup, and makes the use of NPK chemical fertilizers unnecessary. Maybe you've read about the damage the fixed nitrogen in these commercial fertilizers is doing to our atmosphere. Supkow will send you a list of rock dust suppliers for another SASE.

Lick The Sugar Habit—Nancy Appleton, Avery Publishing, ISBN0-89529-695-1, 256p, \$6, 1996. Available from Radio Bookstore #5745. Despite having read the Melvin Page book 40 years ago which explained how sugar so thoroughly upsets the body's systems, I still was snacking on ice cream, Lindt chocolate (there's a Lindt factory in NH!), and candy. Nancy cites Page's early work in the field, and then backs it up with solid documentation. Most of us are addicted to sugar and it is helping substantially to shorten our lives. After reading this book I packed all my candy and cookies into boxes so they'd be out of reach and went cold turkey off sugar. Read this book, highlighter in hand, and I'll bet your copy will have as many yellow streaked pages as mine. Of course, if you prefer to wait until you have arthritis, depression, hypoglycemia, or any of dozens of the other known results of being a sugarholic, then buy the book now and put it on the shelf with all the other books you haven't "had time" to read yet so you'll have it when you reach the desperation phase. Sugar will slowly, but surely, destroy your body. If your kids are out of control, stop their sugar and be amazed at what happens!

Beating The Food Giants - Paul Stitt, Natural Press, Box 730, Manitowoc WI 54221, ISBN 0-939-956-06-6, 309p, \$10, 1993. This is also available from Radio Bookstore #5880. Once you read this book I doubt if you'll ever buy another box of breakfast cereal for you or your kids. Or a loaf of white bread. Or Oreos. Paul worked in the research labs of Quaker Oats and he has one horror story after another about the big food companies. For instance take puffed wheat—Paul says the company's research showed that it killed the animals it was fed to. It turned out to be poisonous, but heck, it sells so well that they're still selling it. Puffed rice too. If this book, which backs up everything I've been saying about our really awful food supply, doesn't get you to start eating fruits and vegetables, preferably raw, then you are a truly hopeless case. If you're still eating junk food from McDonald's, Burger King, Pizza Hut, and so on, then you deserve the heart attack, stroke, and cancer that is surely going to result. The plus is that it is unlikely that you are going to live long enough to draw Social Security, so Congress won't have to bail it out so soon. Spend the ten bucks, then join me in the produce section.

Electrolytes, the Spark of Life—Gillian Martlew, Nature's Publishing, ISBN 0-9640539-0-X, 95p, 1994, \$12. This book also confirmed many of the things I've discovered in my research, plus it goes into some very interesting detail on many

health subjects. There are things like the list of the minerals lost when sugar and wheat are refined. All the good stuff is removed, so the result is helping to make us sick. According to the World Health Organization the U.S. is 17th in longevity, 19th in general health, and a sorry 23rd in infant mortality. Maybe we should bring a class action suit against the AMA and the FDA, the partners in this crime, under the RICO (organized crime) statutes. The publisher: Box 380361, Murdock FL 33938.

The Art of Fast Walking, Ron Laird, 4706 Diane Drive, Ashtabula OH 44004 (440-998-1371), 110 pages, \$22 ppd. For many years I jogged up and down our New Hampshire hills, and when on trips I jogged around Tokyo, Taipei, Seoul, Hong Kong, London, Paris, Berlin and so on. But the more I read about jogging, the more I became convinced that it was better to switch to fast walking. It's a whole lot easier on the feet, knees, legs, and the whole body. And it doesn't force me to go out in the early morning when I'm in a foreign city for my exercise like jogging did. Heck, I can fast walk down Broadway, whizzing past everyone else, day or night. To learn more about this better way to exercise I recommend you get Ron's well illustrated book. It explains about your shoes, and shows exactly how you can walk amazingly fast. This is a great way to burn up those calories. If you do it the way I do, you'll be rolling your eyes to exercise them, carrying one or two pound hand weights to give your upper body additional exercise, some ankle weights to help strengthen your ham strings, and getting those UVs into your eyes. By the way, Ron is a certified expert in this field, having been on the U.S. Olympic Team four times, and he's won the Outstanding Race U.S. Walker Award six times!

Lights Out — Wiley and Formby, Pocket Books, 354 pages, 2000, ISBN 0-671-03867-2, \$25 hardbound. This is the book that tells about the research which shows that we need more sleep, and that we should sleep in total darkness. It also confirms a whole lot of the nutrition information I've found elsewhere. Like, that there is no heart disease or diabetes among Eskimo populations. The word "Eskimo" is of Red Indian origin and means 'people eating raw meat.' The authors also discuss our living cells where a group of biopsied heart cells taken from a runner were seen to beat faster and faster in their petri dish as the doner exercised on a treadmill across town from the lab. The book is packed with fascinating information — you'll love it.

Your Body Believes Every Word You Say – The Language of the Body/Mind Connection – Barbara Levine, Aslan Publishing, 3356 Coffee Lane, Santa Rosa CA 95403 (800-275-2606), ISBN0-944031-07-2, 203p, 1991, \$14 (\$2.50 s/h). Émile Coué was on to something a hundred years ago when he had millions of people saying, Every day, in every way, I'm getting better and better." As Barbara amply shows in this book, what you say can have far more of an effect on your body than you would suspect. I hear people, who've forgotten something, saying that their memory is getting worse and worse. If it wasn't before, now it will. If you say good things about yourself, they'll happen. If you say you're dumb, ugly, etc.,

guess what. I once knew a beautiful young girl who kept saying how ugly she thought she was. Well, she sure made it happen. Ugh today. Heck, we know we can influence plants just by telling them how beautiful they are going to be. A friend had several gorgeously blossoming plants that he'd been praising, and one with no blossoms that he'd been ignoring. Then, one day, he told it that if it didn't start blooming soon he'd throw it out. The next week it was full of blossoms. He'd showed that he cared. Watch your language, Buster.

Your Healing Hands, Michael Stellitano, Relaxation Healing, 1555 E. Flamingo Road #429, Las Vegas NV 89119, 180p, \$20 plus \$3 s/h, ISBN 0-910143-17-X. In this book, Mike explains that all of us have the power to heal, we just haven't tried to develop it. This book tells how Mike discovered this power and he gives you the details on how you, too, can develop it to help heal your family and friends. Before you dismiss this as mumbo-jumbo akin to reading tea leaves, and further evidence that Wayne's off his rocker, let me assure you that the skill of healing hands, along with much of the other stuff you may consider mumbo-jumbo, is not only real, but has been validated via scientific experimentation. The main problem anyone skeptical of such healing has is ignorance—of which there is no shortage, even in the brainiest of circles. If skeptics would start reading some of the books I've reviewed they'd begin to understand how they've been scammed by the establishment. Neil Slade explained how anyone can manipulate clouds. Art Bell demonstrated how a million people praying could enormously affect the weather. Yes, rain dances actually do work! Mike also has a great \$34 (ppd) video which illustrates, step by step, how you can develop your healing hands skills. Mike has a bunch of great stories of healings he's done, even over the telephone! So, get the book, spend some time practicing, and start helping people to get over their aches and pains. Using this power you can heal yourself, as well as others. Mike has even had some amazing results in healing through his many radio interviews—but you have to believe in what you are doing to be successful.

Excitotoxins – The Taste That Kills - Russell Blaylock, Health Press, Box 1388, Santa Fe NM 87504, ISBN 0-929173-14-7, 1994, 265p, \$27. An excitotoxin is a substance added to foods and beverages that literally stimulates neurons to death, causing brain damage of varying degrees—like Alzheimer's, Lou Gherig's (ALS), Parkinson's, etc. Just what you and your family needs, right? These can be found in stuff like monosodium glutamate (MSG), aspartame (NutraSweet™), cysteine, hydrolyzed vegetable protein and aspartic acid. These babies also contribute to strokes, hypoglycemia, brain tumors and AIDS Dementia.

Recommendations

With millions of books out there, it's easy to miss some gems. If you've run across a book that "I'm crazy if I don't read," then please let me know about it so I can get a copy and add it to my *Secret Guide to Wisdom*.Wayne

Essays

Here are reprints of my more recent health oriented essays. They're obviously in no particular order, and I've made no effort whatever to reduce the inevitable redundancies...figuring that, by now, you've probably forgotten what I'd written earlier.

Living Death

Let's take a peek into the crystal ball and see what's in your future.

Yeah, modern medicine is keeping our bodies alive longer...both my mother and dad lived to be 87. But my mother spent the last years of her life in a nursing home, tied to a chair so she couldn't wander off. She was an Alzheimer's veggie and the only person in the world she could recognize during her last years was me. My dad spent his last years with emphysema and an oxygen bottle or an oxygen generator 24/7. He could only walk a few steps before having to sit down and rest. You call that living?

Most of our seniors are "living" in nursing homes, assisted care facilities, hospitals, or having by-pass operations, kidney dialysis, and transplants of hearts, kidneys, and other organs they've destroyed. They will, in all probability, destroy the transplanted organs the same way they destroyed the original issue. The rest of seniors, virtually without exception, are on medications...an average of seven.

They're taking medications for high blood pressure, high cholesterol, diabetes, arthritis, asthma, and so on. How many 80-year olds are out there sky diving, scuba diving, mountain climbing, skiing, on no medications, and in general enjoying life? Living it up? Dozens? I only know of one...me.

Well, I guess that's a lot easier than changing to a healthy diet.

Mercury

Dentists are still using amalgam fillings, despite the research showing how poisonous they are to their patients. I just ran across Sam Ziff's *Silver Dental Fillings The Toxic Time Bomb*. This \$17 220-page paperback nails the American Dental Association for their continued support of amalgam fillings. This book, from Aurora Press, Box 573, Santa Fe, NM 87504, ISBN 0-943358-24-8, will have you looking for a dentist to get that damned poison out of your mouth.

This is not exactly a news flash. I've reviewed the Hal Huggins *It's All In Your Head*, Lydia Bronte's *The Mercury In Your Mouth*, and Gerard Judd's *Good Teeth, Birth to Death*. This liquid metal is contributing to multiple sclerosis and Alzheimer's. But, who knew? My grandmother died of multiple sclerosis...after about 20 years wasting away in bed. My mother took the Alzheimer's route. If I'd only known about what this poison does to people my mother might be 103 and

still around. But that was back in 1987, when I still believed doctors knew what they were doing.

The Ozone Scam

Yes, we've been flim-flammed again. Sigh.

First, there's the Antarctic ozone hole baloney about our CFCs being responsible. Total crapola. Firstly, most of the CFC use is in the northern hemisphere. Secondly, CFCs are four to ten times heavier than air, so most of 'em stay near the ground. We have Dupont to thank for the nonsense about Freon. I've read that when their patent was running out they paid ecology groups to push Congress to outlaw Freon so refrigerators and air conditioners would have to use their newer and poorer product. And that's cost us billions.

When drinking water is ozonated instead of chlorinated to kill microbes, it was found in Germany that the cities with ozonated water had half the rate of overall sickness.

Chlorine causes the iodine of the thyroid to be driven out. This causes low energy and fatigue, and it depresses the immune system, making us more prone to infections, degenerative diseases, cancer, arthritis, and so on. Just what we need. Well, you can see why I'm such a nuisance about your distilling your drinking water.

All Olympic pools must be ozonated and not chlorinated.

Prostate

Now that most hams are well into their prostate cancer years, the article in the April 22nd *Newsweek* should have caught their attention. The headline cited changes in diet and lifestyle as a choice over conventional treatment. Hey, isn't that exactly what I've been preaching as the result of my research?

Dr. Dean Ornish said, "Your body often has the ability to begin healing itself if you stop the behavior contributing to the problem." Now you've gotten it from a *real* doctor, so that makes it true. Right?

Many men are unwilling to go the surgery or radiation route, considering their side effects (like impotence) and high recurrence rates (around 40%), so the diet and lifestyle change is attractive. Reread this book.

Cramps

My thanks to Harry Greulich WA6IWZ for a clipping on curing cramps. Take potassium.

I occasionally jump out of bed at night to stop a leg cramp. I've had foot cramps, even finger cramps. Which puzzled me, because I'm pretty healthy. Apparently eating one banana a day isn't giving me enough potassium, so I'll invest in a bottle of 550 mg potassium gluconate pills and see if they help (three a day, it says). And eat another banana.

Ozone Good

In a study conducted over a 15 year period, women who worked at home had a 54% higher death rate from cancer than women who worked away from home. How come? It's the daily exposure to household products. Like? Outgassing from carpets, upholstery, drapes, plywood, particleboard, wallpaper, and cleaning supplies. Plus radon gas.

Exposure to these chemicals, most of which were unknown in the home a hundred years ago, has been causing headaches, memory loss, fatigue, drowsiness, dizziness, eye and skin irritation, depression, cancer, shortness of breath, and so on. And yes, of course we're bringing our children up in this poisonous atmosphere.

The solution? Simple, get a small ozone generator. That'll get rid of the bad stuff in no time. Let me know if you find any bargains.

Big Dirty Secret

Big? Does \$15 billion register as big with you? That's what Bush put on the table at the June European G8 summit meeting in Evian to "fight AIDS." Let's see, that's about \$60 per American taxpayer. And that would be a worthwhile gesture if you didn't know that AIDS can be cured swiftly and inexpensively. Two different ways!

Well, you know this unless you're a new essay reader or have Alzheimer's.

Way number one is the easiest and least expensive...with our good friend mister electricity. Find a May 1996 issue of *73* and see for yourself.

Okay, I'll recap. Back in 1989 two scientists at one of the most prestigious research hospitals in the world accidentally discovered that when they passed a minute electric current through the blood that, while this didn't bother the blood cells, it did prevent any pathogens in the blood from replicating, thus killing them. Pathogens like any virus, microbe, yeast infection, fungus, or parasite. Like HIV, malaria, Lyme disease, and so on.

You don't have to be a Ph.D. to understand this, it makes good common sense. The blood cells are made in the bones, not by replication in the blood stream, so the electric current doesn't bother them. Everything else gets zapped.

Knowing they had a way to eliminate a major source of revenue for doctors if their discovery was made public, the scientists quietly applied in 1990 for a patent on the process of removing the blood from an AIDS patient, passing the electric current through it, and then returning the cleaned blood...a dialysis-like procedure. They did NOT publish any papers on their discovery. The patent application, presumably accompanied with proof that it worked, was rushed through the Patent Office and a patent issued in 1992. Over ten years ago!

Is there the slightest question in your mind that the AMA, FDA, NIH, WHO, and other health authorities weren't aware of this amazing break-through? These agencies, which all seem to be tightly in the pocket of the AMA and major drug makers, and supported by the insurance industry, have kept mum.

How much money is involved? On a recent *60 Minutes* program one woman was spending \$6,000 a month for medication just to slow her AIDS progress, not cure it. That's \$72,000 a year for one patient. You don't mess with that medical industry bonanza. In this case her druggist was selling her a counterfeit drug.

Anyway, along came Bob Beck, a longtime physicist friend of mine. He asked a simple question: why remove the blood to purify it when you can do the same thing easier and much, much cheaper in the body?

So Bob rigged up a simple gadget to pass the needed 50 microamperes of current through the blood and got a local clinic to test it on their AIDS patients. Bob didn't want to take any chances on the electric current interfering with the heart, so they started by using one electrode on each of the patient's ankles. Pffft and the AIDS virus was gone! Later they tested this approach by putting the electrodes over the two arteries that come down to the wrist, and that worked just as well.

Bob started out with four 9V batteries, giving 36 volts, just the right voltage for the wanted current...which can be felt as a comfortable pulsing. To eliminate any resistance build up he used a relay to reverse the current several times a second. As more units were wanted he substituted a solid state switching circuit for the relay, thus cutting the circuit's current need.

I wrote about this first in 1993, when I started circulating copies of Bob's paper on the subject. I wrote a letter to the FDA asking why they hadn't been working to authorize this break-through. This resulted in a government agent coming to confiscate any literature I might be sending out. Since I'd been photo-copying Beck's paper as readers requested them, I had nothing to offer.

I've published two construction projects by Tom Miller W8YKN so electronic experimenters could build and test their own "bioelectrifier" or blood purifier. The most recent was in the May 1996 issue of *73 Magazine*. The issue quickly sold out.

An outfit in Washington state started marketing Beck's circuit as a Plant Growth Stimulator. Beck, who proclaimed that he was merely supplying information and had no product to sell, admitted to me that he was "getting about \$100 royalty" per unit being sold.

When the U.S. government heat made things increasingly difficult for the company they moved over the border to Canada, Beck explained.

I was impressed when Beck showed me a stack of clinic reports of AIDS cures. Yes, the blood purifier really does work! It really does cure AIDS!

So I reprinted Beck's early papers, plus the latest Miller article, in a *Blood Purifier Handbook*. I began getting excited phone calls and letters crediting the unit for helping cure cancer, emphysema, and a bunch of other illnesses in addition to AIDS.

Then, last year, I got a cease and desist order from the Post Office. The blood purifier was not FDA approved, therefore, under law, it was a fraudulent medical device and I was therefore sending fraudulent information through the mails. Some \$30,000 in legal fees later I agreed not to send any further blood purifier construction information through the mail. The Post Office authorities insisted that I not even mention the number of the patent issued on the process or the names of the doctors

involved. Since this information could result in the loss of hundreds of billions of dollars to doctors, hospitals, drug companies, pharmacists, insurance companies and tort lawyers, I understood what was involved. The totally unnecessary loss of a few thousand American lives a year in the name of drug company profits was not significant. And on some level I was a potential threat to the population reduction program in Africa, where 12 million blacks died of AIDS last year. There was always a chance that Bill Gates, Jeff Bezos, or some other billionaire do-gooder might find out about this super el cheapo AIDS cure and have a million blood purifiers made in China to send to Africa. They'd cost maybe \$20 to make in quantity. Or \$12.

The Other Way

I said there are two ways to cure AIDS without any doctors or drugs. The other takes a little longer and costs a bit more. I learned about this when a reader recommended Dr. Bruno Comby's *Maximize Immunity*. The secret? Stop putting things into your body that it treats as poison. This then allows the immune system to come up to strength and dispose of any virus, microbe, parasite, etc., that's causing trouble. Give the body the nourishment its designed to use, and that doesn't include coffee and doughnuts. Sorry Dunkin, Starbucks, Krispy Kreme, etc.

It also doesn't include *any* cooked food, nicotine, caffeine, alcohol, refined sugar, white flour products, etc. Hey, I've been over this list almost every month for the last few years. Take the hint.

You want to know more? Check www.drday.com, where Dr. Lorraine Day has the same prescription. Read Dr. Henry Bieler's *Food Is Your Best Medicine*. Read the books by Dr. Melvin Page, Weston Price, and so on that I've reviewed. And until we can get superorganic foods onto your supermarket shelves, take a mineral supplement to make up for the trace minerals that are long gone from our ag biz conglomerate farms.

Can we get Americans to stay out of McDonald's, Burger King, Pizza Hut and other poison sources? Can we get Africans to stop cooking their food to cure themselves of AIDS, malaria, bilharzia, tuberculosis, and so on? It'll be easier to send them blood purifier gadgets.

Fifteen billion for AIDS! Out of our pockets. D'uh? Thanks, Dubya.

Outing the Secret

Right now, the above secrets are between you and me. We need to roll back the medical industry carpet and expose the cover-up. Permission is hereby granted to photo-copy these essays and send copies to your Senator and Representative, to your Governor and every member of your state Legislature. How about copies for your friends?

No, the major media are going to stay blind to all this as long as drug companies are huge advertisers. Oh, and major pharmaceutical company stockholders also own the networks and major American newspapers. And Congress is going to stay

deaf, dumb and blind as long as lobbyist pockets are producing generous “campaign” funds and free trips to exotic places for them and their families.

But, if you get this information to ten friends and each of them do the same, by only the third generation you’ll have reached a thousand people with the message that *any* illness is easily cured without drugs.

Thus, if only a thousand readers of this book respond, we could reach a million people. The AMA, FDA and other government groups can ignore a hundred or a thousand people, but they can’t ignore a million. Can they?

Considering what the American diet is doing to us, the sooner you get going on this the better. In 1900 3% of deaths were from cancer. By 1950 it was 20%. 1972 it was up to 27%. In 1982 it was 30%. In 2000 it was 40%. That projects to 50% by 2012, when the world has been predicted by several reliable sources to come to an end...probably via a pole shift.

Light

It’s been a while since I’ve nagged you about getting out in the sun every day. I was reminded by a clipping from Ken Glanzer about Dr. Ott developing arthritis. He went to Florida and soaked up the sun for a month, with no improvement. Then suddenly it was gone. He’d sat on his dark glasses and broken them. Read his book *Health and Light*.

We need those UVs in our eyes if we’re going to be healthy. We should be using full-spectrum lighting at home and our offices. It makes a world of difference in schools. No, UVs don’t get through our windows or glasses.

Water!

Are you drinking 8-10 glasses of distilled water every day? Probably not, since 95% of Americans are dehydrated. To get the full story read the Batman’s book, *Your Body’s Many Cries for Water*. When you feel like a snack, you’re thirsty. If you get tired during the day, you’re thirsty. Water can ease back and joint pain. Even a small drop in body water hurts short-term memory and ability to do math or crossword puzzles.

Even five glasses of water a day can cut your chances of getting colon cancer by 45%, breast cancer by 80%, and bladder cancer by 50%.

Please don’t drink that stuff from your tap. You don’t want any chlorine, fluorides, or any of the other crapola in it. Check www.steamdistiller.com for an inexpensive still.

Worried Sick

Yes, the things you worry about can make you sick. Okay, so you haven’t read Barbara Levine’s *Your Body Believes Every Word You Say*. She proves it...over and over.

If you keep saying that you have a poor memory, guess what? If you say you’re

“sick to death” of something, you just may find you are. Your body doesn’t understand it’s just a figure of speech, so it tries to follow instructions.

Ten years ago a study showed that women who believed they were prone to heart disease were four times as likely to die as women who didn’t.

Just as if you wish for something the universe will often follow through for you, what you say or think about yourself will often become fact. Watch your language.

Cancer Cure

Acres USA had a most interesting article about George Earp-Thomas, a chap who moved here from New Zealand in the early 1900s. He was an early microbiologist. In the 1930s he began using his discoveries to treat cancer patients with the trace minerals, which even then were long gone out of our processed food...with a 60% success rate! The medical industry today only has a 7% survival rate for cancer. WWII stopped his work, but he continued after the war...until the FDA took him to court in 1948 for providing “medical advice” without a license. He fought back in court and won! But, as he was leaving the court the FDA Deputy Director who had led the fight asked him if he intended to continue to send out his literature on electrolytes and cancer. He said, “Of course.” A few weeks later his lab was burned to the ground, along with all of his data and notes. George gave up.

Well, at least the FDA didn’t burn his books, trash his research lab, and put him in prison, like they did Wilhelm Reich (whose orgone therapy was working miracles). Reich soon mysteriously died in prison. Messing with the medical-pharmaceutical complex can be dangerous.

Silver

Reader Allen Wiegand says when he had a sinus attack with sneezing and congestion he put a dropper full of silver colloid in each nostril. It stung a little and then the symptoms cleared up and were gone permanently. And when his dog was scratching his ears and shaking his head Allen put a dropper full of silver colloid in each ear once a day for a couple days. It cleared up the problem.

At around a penny a gallon to make this stuff it’s well worth having around. Check out my \$37 ac-powered silver colloid making kit.

Zoloft

This is the stuff, like Ritalin, Prozac, etc., that school authorities are forcing parents to give their children. So, I enjoyed reading an ad where the side effects are in about two-point type. The common ones are diarrhea, feeling tired, sleepy, having trouble sleeping, tremor, upset stomach, increased sweating, indigestion, and feeling agitated. For men and women there are sexual problems. Hey, that’s a lot better than cutting the kids sugar intake and feeding them real live food any day. Corn flakes über oranges and bananas.

More Floride Info

Fluoride tooth paste and sodium fluoride in our water to help prevent cavities is just one more big lie we've been fed. Well, it's resulting in less than 100,000 cancer deaths a year, so it's no big deal. How's it causing cancer deaths? Sodium fluoride inhibits the body's enzyme functions, knocking down the immune system. In heavier concentrations it's used as rat poison, where it causes the rats to starve to death, no matter how much they eat.

But, what about the cavities? When you start digging into the data you find that there has never been any research which has shown that sodium fluoride helps prevent cavities. Indeed, Toronto has had fluoridated water for over 36 years and they have far more cavities per person than Vancouver, which has no fluoride. The fact is that fluoridated water helps cause tooth decay. It also increases the aging process and causes birth defects in pregnant women. Deaths in fluoridated areas are 5% higher than non-fluoridated.

Fluoride eats away the bones, causing them to become brittle and break more easily...the senior death sentence of a broken hip.

When you or your child uses fluoridated tooth paste 80% of the fluoride is absorbed sub-lingually within a minute unless it is spit out. No child should be allowed to use fluoridated tooth paste or to drink fluoridated water.

Classic Coke was tested and found to have 2.56 ppm of sodium fluoride. Diet Coke had 2.96 ppm. In fact it's found in most bottled drinks and drinks from concentrate because the country's bottling plants use fluoridated city water. Federal law does not require this to be disclosed on the label.

Instant Alzheimer's

Are you still taking a medication? A letter from Betty Merritt might be almost enough to get you thinking. Well, maybe not. It had to do with her father, who had had high blood pressure. He went through five different prescribed medications. Each gave him a rash and caused him to become confused. When he stopped the rashes went away and he'd get his mind back.

Then his doctor prescribed Toprol. Her dad took half a pill before going to bed. The next morning the rash was back and he was so confused he couldn't even dial a phone. This time the memory loss was permanent.

A *Time* magazine article pointed out that blood pressure and anesthetic medications are the worst on the brain. The article said the memory might come back after as long as five years. No wonder we have so many Alzheimer's patients in nursing homes.

Bugs

Scientists have been complaining about microbes being able to defeat antibiotics...one after another. Recent research has shown that individual microbes

in colonies are all in some way in communication with each other. Gee, what a surprise. Anyone who's read *The Secret Life of Our Cells* by Robert Stone understands that every cell of our bodies is in communication with every other, even when separated by thousands of miles. So, it's not a big reach that microbes have the same ability.

And, when one microbe colony manages to defeat an antibiotic, that information is immediately passed on to other colonies so they, too, can adapt. If you'd like to learn more about this phenomenon read Rupert Sheldrake's *The Presence of the Past*...it's an introduction to what he's named morphic resonance. Fascinating stuff.

Flu Shots

Just a reminder...please don't let anyone you care about get any flu shots.

According to Dr. Hugh Fudenberg, M.D., the world's leading immunologist and 13th most quoted biologist of our time, with nearly 850 papers published in peer review journals, if someone has had five consecutive flu shots their chances of getting Alzheimer's disease is ten times higher than if they've had no shots.

He says this is due to the mercury build up in the brain from the thimerosal used in the shots. This causes cognitive dysfunction.

The public has been induced to believe that the "treatment" of symptoms is medical therapy. The truth is that the medical establishment wants sick people since there's no money in healthy people.

Fluoride Law

Yep, it's now the law in California that every city with more than 10,000 water hookups must fluoridate their water. For some reason I believe it is still against the law to hang or shoot California legislators. Both laws should be repealed as soon as possible.

I won't retread all the evidence I've published about this monumental scam. Fluoride in the water does not and never has helped teeth. It mottles them. What it does is make people more docile. As I've mentioned, both the Germans and the Russians used it in their concentration camps to keep prisoners docile and apathetic. It's against the law in all European countries but Ireland.

By the way, tooth decay is one of the first indications of a lousy diet. My mother fed me a healthy diet as a child, so I had absolutely perfect teeth until I'd been in the Navy for four years, when I had my first filling. As a child I ate no sugar, no soda pop, no white bread, no cold cereal, no jam, no jelly, and so on.

California children have twice as much dental disease as children in other states...probably because of all that fluoride. Fluorides also are tied to Alzheimer's.

Exercise

Experiments with rats at UC Irvine has proven that exercise not only makes

much healthier rats, it also enhances their learning and memory. So get out there and jog or fast walk at least a half hour a day. Consider that part of your regular body/mind maintenance/repair routine.

You were issued an incredible body at birth...capable of almost anything. What your parents weren't issued was a maintenance manual, so it's unlikely that you got off to a good start. The bright side is that much of the damage that's been done can be repaired...if you can stop doing more damage and get serious about the repair job.

Low Fat Baloney

It's the carbs that are making us fat, not animal fats. Cancer and heart disease are associated with vegetable fats, not animal fats. Children on low fat diets suffer from growth problems, failure to thrive and learning disabilities. Time for Prozac, Zoloft and Ritalin, right? Low-fat diets are associated with increased rates of depression, psychological problems, fatigue, violence and suicide. Arteries are clogged by unsaturated fats, not saturated.

Canola oil, the stuff used for deep frying, is hydrogenated and deadly. Breathing oil fumes has greatly increased lung cancer for women.

Liver

Most people's reaction when I tell them I love raw liver is ugggh—yuuk. No, of course they've never tasted it, but they *know* they'd hate it. Hey, open the box you've let brainwashing make for you and step out for some fresh air.

This was brought to mind by a note from Cynthia Grube, Flemington NJ. "I have had my cat on raw liver for about a year and today I ate almost raw liver and loved it! My poor cat is going to have competition!"

Onion Cure

The next time you get a bee sting press the cut side of an onion on it and the pain will quickly disappear, along with the swelling.

Got a wart? Sure silver colloid will get rid of it. Covering it with duct tape will do it even faster.

If you get a cramp squeeze the skin between your nose and your upper lip.

Now, have you any handy hints I can pass along?

Aspirin

Are you following the doctor's recommendation that you take an aspirin every day? Now I see that Dr. Mercola (www.mercola.com) says that aspirin, Aleve, Tylenol, Advil, etc., have been found to (a) cause ulcers, and (b) cause a greater than ten-fold increase in the risk of congestive heart failure. Oh, and beta-blockers and calcium channel blockers also increase the risk of heart failure.

Bites & Stings

Snake bites, even the really poisonous ones, as well as bee stings and even insect bites can be countered with a zap from a 9v-powered stun gun. The natives around the Amazon have long used the high voltage from their outboard motor spark plug, and the Flying Jungle Doctors carry a small hand generator in their planes.

To use a stun gun hook a wire to one electrode so you'll be able to apply the voltage across the bite. One second zap should do it for a 50 kV gun, and two seconds for the 25 kV models. Yes, of course, it's going to hurt, but it sure beats the hell out of the alternative treatments...or dying of snake bite.

With a snake bite one shock will usually do the trick if done within an hour of the bite. If the inflammation doesn't go right down another shot may be needed.

You'll probably want to have someone help with the zapping.

More Mass Murder

What does it take to get you at least annoyed? The AMA, FDA, NIH, et al, all have to be well aware of the blood purifier (bioelectrifier) and the patents issued on this fast, inexpensive cure for AIDS, malaria, Lyme Disease, and so on, that results when a tiny electric current is passed through the blood.

Like? How about 80,000 people died totally unnecessarily in Uganda last year from malaria...half of them children. Or the 12 million AIDS deaths in Sub-Saharan Africa last year. This is mass murder by secrecy to protect pharmaceutical company's drug sales.

Well, heck, what's a bunch of Africans, right? Big deal. If we don't kill millions of 'em with AIDS and malaria, we'll soon have another billion starving mouths to feed. Name one country in Africa where there is a government that gives the slightest damn about their people. I've only visited ten African countries so far, but that was enough to give me the sorry picture. There's none I'd ever want to go back and see again.

But you are a hypocrite if you protest abortions while ignoring the massive carnage the FDA's blood purifier secrecy blanket is allowing to go on. Your government at work.

Another Cancer Cover-Up

Acres USA published a great interview with Dan Haley, the author of *Politics In Healing*. In his book Dan gives us the details of ten cases where the AMA has suppressed cures for serious diseases.

Take Dr. William Koch. Seventy years ago he discovered that cancer results when a body's oxidation system is impaired. He developed a way to trigger the body to reverse the process with one injection of glyoxylide. The book explains how he made this substance.

The AMA, anxious to stop to this simple cancer cure, tried to buy Dr. Koch out. When he refused, the FDA, under pressure from the AMA, took Koch to court in 1942, and again in 1946, trying to stop him. But with the testimony of over 200 of his patients who had been cured of cancer with his one-shot treatment, Koch won. So the AMA next went after him through the Federal Trade Commission.

The FTC made life miserable for Koch, so when finally he won their trial against him, he could see that the AMA would never give up trying to stop him and he moved to Brazil.

By an odd coincidence the assistant attorney general who prosecuted Koch died of cancer a few months after the trial. Then the head of the FDA office, the FTC prosecutor and the FTC administrative judge all died of cancer.

The AMA has fought every cancer cure vigorously because cancer is the medical industry's biggest money maker. And never mind the 550,000 Americans dying of cancer every year. The current "accepted" treatments result in a 7% survival rate, making cancer a hugely expensive virtual death sentence.

The casualties are equivalent to three fully loaded 747s crashing and killing everybody on board every day. The main difference being that the plane crashes would make the evening news and the papers and quickly stop all air travel.

Today we're seeing the same AMA response to the work of Drs. Comby, Day, Kaali, and others. Nothing has changed.

Smallpox

They're telling us that smallpox is highly contagious and could spread rapidly, killing millions...that smallpox can be spread by casual contact with an infected person...that the death rate is thought to be 30%...that there is no treatment for smallpox...and that the smallpox vaccine will protect us from getting the disease.

And we suckers are buying this hoakum hook, line and sinker. Well, those who haven't done any homework are. Those who have read Walene James book know what a bunch of baloney we're being fed.

So why the massive disinformation barrage? Would you believe it has something to do with money, not public health or protection against a possible terrorist attack?

Smallpox is *not* highly contagious. It's spread mainly by bedbug bites. When's the last time you had a problem with bedbugs? In all my travels I've only encountered 'em once, at the Australia Hotel in Sydney. Oh, what a night that was! I moved to another room the next day.

The only people who have gotten really sick in the past were those who were already sick or badly malnourished, people with severely depressed immune systems. The death rate during some of the worst epidemics ran 4.2%, not 30%. The fact is that smallpox is one of the least virulent diseases.

So here we are, faced with our government about to force us to be vaccinated with a vaccine that does not prevent people from getting the disease, just makes them less sick if they do, and has a history of killing a small percentage inoculated, and making a substantial number sick.

Do your homework: www.healingcelebrations.com; www.vaclib.com; www.allaboutsmallpox.com.

Now you know why Indians were given blankets in order to give them smallpox so their land could be grabbed.

Today it's all about Wyeth Laboratories making billions selling their stores of smallpox vaccine.

The government has stockpiled 300 million doses. I wonder how much that cost us all?

80% of those vaccinated develop pustules which are extremely contagious for three weeks if not kept covered with a bandage. Rubbing the itching vaccination area and getting the pus into the eyes, ears or nose can cause blindness, deafness, disfigured tissue and even death.

Sugar...Again

The Bob Livingston Letter has a piece about hyperactivity...pointing out that hyperactive children almost always have abnormal blood sugar. So we give them Ritalin. Check www.ritalindeath.com for info. These drugs have known side effects of heart damage, seizures, behavioral changes (mania), loss of consciousness and death.

The sugar from one soft drink (now being sold through vending machines in almost every school...which get a commission) results inattention, depression, sleep disturbance and cravings. Sugar is addictive.

By-Pass Danger

Time reported that almost half the people getting by-pass surgery suffer brain damage which results in cognitive decline. Permanent IQ and memory decline. D'uh?

Before you report in for by-pass surgery maybe you should take a couple hours and read Dick Quinn's *Left For Dead*, which I've reviewed. Dick had a heart attack and by-pass surgery. What the doctors neglected to explain to him was that he was causing his problems with his diet and that unless he changed that he'd be back for another by-pass...if he survived a second heart attack.

Then he accidentally discovered that cayenne pepper could roto-root his arteries. I add a heaping teaspoon of it to a small glass of V-8 juice. Yes, it burns twice.

Better yet, change your diet!

Imagine!

How about an America with no bars or liquor stores? No candy stores? No McDonald's, Burger King, Pizza Hut, Taco Bell as we know them? No General Foods, General Mills, Starbucks, Dunkin Doughnuts, Sara Lee, Dairy Queen, Baskin Robbins, Bryers, Ben & Jerry's, Kellogg's, cigarette machines, candy machines, Famous Amos, Pepperidge Farms, Keebler, Oreo's, National Bisquit, Boston Market,

Bob Evans, Howard Johnson, TCBY, Domino's Pizza, Budwiser, Miller, Coors, crack houses, and so on?

An America with a tenth today's hospitals, doctors, dentists, HMOs, clinics, assisted living, nursing homes and nurses. No major pharmaceutical companies. Millions of lawyers forced to turn to honest work!

Once we get the word around about health this is the possible future for Americans.

Considering the billions spent bribing our media by the above interests through their advertising, we aren't going to get much help from our newspapers, magazines, radio, TV, billboards, etc. So where can we turn for help? To the people who will benefit the most from Americans being healthy: employers who are tired of robbing their bottom lines for health insurance payments. Oh, and to "health nuts" like me.

How much could our town, state, and federal governments save if their employees stopped making themselves sick? And the post office? Would it only be hundreds of billions, or trillions?

Imagine our farming conglomerates converting to super-organic farming, with no more need for chemical fertilizers or pesticides? Poor Monsanto and ADM!

Dr. Weston Price, early in the last century, visited primitive societies not yet contacted by the rest of the world. He documented people who were living well over a hundred in perfect health. See the review of his 1939 book, *Nutrition and Physical Degeneration*. Before the arrival of our "modern diet" cancer, Alzheimer's, heart disease, stroke and most other causes of death today were almost unknown. Nor was the need for doctors or police.

Sugar

Dr. Perricone (*The Wrinkle Cure, The Perricone Prescription*) says, "Sugar causes inflammation, inflammation causes aging. Fifty percent of skin aging is the result of sugar. It's as bad for you as excessive sun exposure." He goes on to say that stuff like pasta, breads and potatoes rapidly raise blood sugar levels, leading to inflammation, wrinkles, and accelerating other disease processes.

Stress, too, is a bummer in that it kills brain cells, increases blood sugar levels and depresses the immune system. My prescription for stress is a daily dose of classical music. Hey, it sure works for me.

Still Another Poison

Yep, something more to worry about. It's no wonder, according to the AMA, that only 1.6% of Americans are truly healthy. It's plastics (again). That clear plastic wrap we use for foods, it turns out, outgases into the wrapped food, and from there into us. The really bad news is that the toxic chemicals involved look to our bodies like estrogen, and elevated estrogen levels create a whole raft of troubles — like prostate, breast cancers and uterine fibroid tumors.

No, you don't want to substitute aluminum foil. How about going back to waxed paper?

Unlike our grandparents, we're being bombarded with estrogen in our eggs, milk, cheese, butter, yoghurt, meat and poultry. They're all laced with trace amounts as a result of the steroids pumped into young cows and poultry via their feed or injections to fatten them up so they'll be better egg layers, milk or meat producers. Organic meat, dairy and poultry don't have these toxins, if you can find 'em. Since reading Robert Cohen's *Milk, The Deadly Poison*, I've stopped drinking milk. I'm still using butter and yoghurt, but you can be sure that I'm only buying the packages with the "organic" label. I want as much of the food I eat as possible not laced with pesticides, growth hormones, estrogen, and antibiotics.

We have our own free ranging chickens and ducks, so our eggs are healthy to eat.

Coach-Class Syndrome

In a past essay I wrote about how Continental Airlines almost killed me on a trip to Portugal. The June 27th issue of the *Wall Street Journal* had a front page article on what they've termed the Coach-Class Syndrome. Some of the airlines are beginning to warn passengers about this problem.

When I arrived in Lisbon, after a couple hours of uncomfortable sleep, jammed into the coach-class seat with almost no leg room, my right leg was totally numb, except for a whole lot of pain. The sharp front edge of the seat cushion had cut off the blood circulation to the leg and a blood clot had formed. It took two days of great pain before I was able to hobble around, totally ruining my visit to Lisbon.

I was lucky. It took the death of Emma Christofferson, returning to London from Australia, to get the attention of the media. Emma, 28, was an active skier and in perfect health. A blood clot had formed in one leg and gone to her heart. Blotto.

A medical journal on the subject said that over 800,000 airline passengers have had to be hospitalized for this deep-vein thrombosis (DVT) after long flights. I really should have opted for a hospital, but I didn't know any better. Some aspirin could have helped thin my blood, returning circulation faster.

Now some of the airlines are warning passengers to get up and move around the cabin every hour, to drink plenty of liquids, and avoid any alcoholic or caffeinated drinks, since they dehydrate you. The very dry air in planes makes dehydration a particular problem.

Hey, guys, how about changing your seat design?

What's It Take?

The Medical Mafia is at it again! According to *USA Today* schools and courts are putting pressure on parents to drug their children with Ritalin or have them taken away from them under charges of child neglect. All it takes is for school officials to diagnose a child as suffering from "attention deficit hyperactivity disorder" (ADHD). And never mind the causes...such as boredom with the unchallenging school work. Or, far more likely, being fed a high sugar breakfast of sugar coated cold cereal or pop tarts.

And also never mind that all of the anti-depression drugs such as Ritalin, Prozac, Zoloft, Paxil and so on have well documented histories of causing manic behavior. Every one of the school shootings has involved kids on these drugs, usually forced on them by the school authorities.

There doesn't seem to be any movement to educate school shrinks and social workers on the subject. These people pay no price for being wrong, so they've no interest in educating themselves. It's just the kids and the parents who have to pay the price for this drug madness.

Genetic Engineering

The usual shrill, uneducated, but vocal groups are crying out against the rash of genetic engineered foods that are being produced. The Europeans, particularly, are very upset over Frankenfoods.

It's interesting that the first independent, non-industry-sponsored study of the effect of these foods on animals was made public three years ago. Arpad Pusztai, the researcher at Rowett Research in Aberdeen, Scotland, reported his findings on British TV.

He reported that rats fed gene modified potatoes had substantial organ damage, a thickening of the small intestine, and poor brain development. The result was a public furor.

Rowett's director Philip James quickly fired Pusztai, said the research didn't exist, broke up his research team, seized the data, and stopped six other similar projects. It then came out that Monsanto, a leading U.S. biotech firm, had given Rowett Institute a \$224,000 grant.

Lancet, the British medical journal, published Pusztai's peer-reviewed paper supporting the research.

What about the FDA? What do you think? Their stated view is that biotech engineered foods are about the same as any other foods and thus are not required to be tested before being put on the market.

The biotech firms are doing everything they can to make sure Congress doesn't require biotech engineered foods to be labeled as such.

Not that people who are buying stuff from the giant food companies can avoid genetically engineered ingredients since 70% of our processed food now uses 'em. Oh, are you still buying processed food?

French Fry Alert

The next time they ask, "Do you want fries with that?" the answer is NO!

Outside of the fact that *all* cooked food is considered toxic by our immune systems and eventually will lead to stopping your body's engine via cancer, heart attack, or something else terminal...and therefore you shouldn't be ordering anything that will trigger such a question. And never mind any boycott of anything French. Hey, does that also include French vanilla ice cream? Oh, what we have to give up to be politically correct!

Anyway, this screedlet has to do Acrylamide, a very toxic chemical used in manufacturing plastic. This stuff has long been known to help cause malignant cancer, severe nerve damage, and DNA mutation which can carry on to one's children.

Last year, for some reason, the Center for Science in the Public Interest ran tests which showed that the amount of Acrylamide in a large order of fast-food fries was at least 300 times more than the EPA allows in a glass of water.

So where did it come from? Further research showed that when *any* food is fried, especially deep fried, and particularly starchy foods like potatoes, Acrylamide is produced. Hmm, starchy...like maybe doughnuts?

No wonder our police are edgy...on a diet of coffee and doughnuts. As I've mentioned before, coffee is a mind-altering stimulant that produces a surge of nervous energy...and then leaves you exhausted, depressed, irritable and short tempered. Caffeine stimulates the brain cortex, causing poor memory, poor balance, fatigue, anxiety, hand tremors, hostility, headaches and dehydration. Researchers claim that it takes two or three cups of water to overcome the dehydration caused by one cup of coffee.

And sugar? Wait'll you read Nancy Appleton's *Lick The Sugar Habit*. Sugar is infamous for causing arthritis and boosting your cancer probability.

Any fried food includes those delicious chicken wings and the KFC agenda.

Most authorities agree that the huge increase in cancer has been caused by our diet change over the last hundred years.

What percentage raw food have you achieved so far in your diet? You know, like apples, bananas, oranges?

Am I Blue?

The drug industry is getting worried over the word getting out about silver colloid being a better antibiotic than anything they're selling. It seems to be the *only* antibiotic that germs can't compromise and it's unpatentable, so no wonder the concern.

Their poster woman managed to turn blue as a result of too much silver. From silver colloid? No, from nose drops. I'm lucky I didn't do the same. Not long after my first childhood vaccinations I got serious ear infections and then a sinus infection that lasted for over three years. My mother tried to clear my sinuses first with ephedrin drops and then, for over a year with Neo-silvol. Nothing worked. I was unable to breathe through my nose for even a hour all those years. It's amazing that I didn't turn blue from all that silver.

Yes, I believe it's possible to turn your skin gray or blue if you drink enough silver colloid, but I'll bet we're talking 500 ppm, not the 10 to 20 ppm I that recommend people make.

I don't see any big benefit in drinking the stuff on a regular basis, but I've had many people call who have been drinking a few teaspoons of it every day for years...and still can't pass for ETs. I keep some on hand in a brown bottle and take some if I feel like something might possibly be coming on.

The stuff is so easy to make that it's pathetic. I've been busy filling orders for my silver colloid kit (#82 in my catalog). It consists of two 5-inch lengths of #10 (heavy duty) silver wire, a small power supply that plugs into the wall, an instruction sheet and a reprint of an article on making and using silver colloid. The whole works, by priority mail sells for \$37...one of the better bargains out there.

You open the box, put the wires in a glass of distilled water, add about two grains of salt to make it conductive, clip the two power supply wires on the wires (yes the power supply wires come with alligator clips attached...nothing to solder), wait about 20 minutes and you've got 10 ppm silver colloid solution for about two cents a gallon.

The stuff is recommended by many experts for any rash, wart, infection, athlete's foot, jock itch, psoriasis, and so on. It's also perfect for rinsing any food that might have germs...like E-Coli and salmonella on chicken, or anything on fruit or vegetables that may have come from some other country.

Drug Promotions

For the few of you who may have wondered at how high drug prices are, it may help you to know that promotional spending on drugs is currently \$19 billion. That's with a B... for golf outings, ski trips, dinners at posh restaurants, and so on. Does all this influence prescription writing? You bet your sweet bippy it does.

Prescription costs have risen at twice the inflation rate for the last five years.

In Vermont, Medicaid spending for prescription drugs went from \$40 million in 1998 to \$115 million last year.

My mantra is simple: stop poisoning your body and you won't need a doctor or medications.

TAP Pharmaceutical settled charges of kickbacks and lavish gifts last fall to push Lupron by paying an \$875 million fine.

Shades of Semmelweis

Semmelweis? He's the doctor who tried to get physicians to wash their hands before delivering babies in hospitals. Doctors, of course, were outraged. His license was taken away and he was fired. For years after that any doctor caught washing his hands stood to lose his license. The result was that doctor-assisted births resulted in about 30% fatalities, while mid-wife births had almost no losses.

In America the AMA followed suit by threatening to remove the license of any doctor caught washing his hands. Since they couldn't see germs, the belief in them was crazy. Superstition. It was almost 50 years and millions of unnecessary deaths before doctors were able to wash their hands in public before operations.

Of course, that's all behind the medical industry these days. Research shows that 48% of physicians now wash their hands between patients. It's about 60% in the best of hospitals, according to a *Forbes* article. This has resulted in two million Americans a year getting an infection in a hospital, with an estimated 90,000 of them dying—almost double what we lost in four years in Viet Nam. Since hospitals

are well known for covering up anything that might reflect poorly on them or their staff, or trigger malpractice suits, including falsifying death certificates, getting true figures is impossible. The situation is obviously a lot worse than we know.

By the time we add the deaths from hospital-caused infection to wrongly prescribed medications or pharmacy errors, you'll be lucky to get out alive. Maybe it's time to change your lifestyle so you won't have to buy a ticket in that lose-lose lottery.

On the positive side (for the hospital), a bloodstream infection can easily add \$30,000 to your bill.

Coffee vs. Cancer

With 90% of Americans enjoying the wake-up punch of a cup of coffee, and with Starbucks shops every few blocks in our cities, let's keep it quiet that cancer researcher Dr. Bruce Ames says that coffee is the number two cause of cancer today.

Coffee is a mind-altering stimulant that produces a surge of nervous energy...and then leaves you exhausted, depressed, irritable and short tempered. Caffeine stimulates the brain cortex, causing poor memory, poor balance, fatigue, anxiety, hand tremors, hostility, headaches and dehydration. Researchers claim that it takes two or three cups of water to overcome the dehydration caused by one cup of coffee.

There's also a proven link between coffee and osteoporosis, breast cancer, miscarriages, high blood pressure and raised blood sugar levels.

Those are just the short-term problems. Another chemical in coffee (methylxanthines) permanently alters your genes. Mutation damage of the chromosomes that will be reflected in a lowering of your children's IQs. Thus this national habit is permanently weakening our entire country and messing up our gene pool.

Alzheimer's

The cover story in the March 15th issue of *Bottom Line* was on Alzheimer's. Since my mother had this terrible disease I have a special interest in it.

Considering how awful (and expensive) this disease is, and that 10% of seniors are going this slow route to the grave, there's much to be said for not contributing early on to the disease. And that's when it starts.

So? The article says the disease develops over decades and that diet seems to have a lot to do with it. Hey, gee, wow!, is that a big surprise. What's recommended? Lots of citrus fruits, strawberries, tomatoes, vegetable oils, nuts. A raw food diet! By golly, that's just what I had for breakfast this morning! I had a grapefruit, strawberries, and orange. My mid-morning "snack" is an ounce of flax seed oil, a vitamin-mineral supplement mixed in apple juice, some cottage cheese and glass of red grape juice. For lunch I had melon, orange and banana.

Since Alzheimer's patients brains are caked with aluminum, what's the harm in

doing your best to keep your aluminum intake to a minimum. You shouldn't be eating any cooked food if you have much of an interest in having a healthy old age, but if you are still addicted to such poisons, at least don't cook the stuff in aluminum.

Then there are vaccinations, which are loaded with both mercury and aluminum. And deodorants (read the labels), which migrate aluminum through your skin and up to what's left of your brain.

Once you're an Alzheimer veggie you'll be sitting in a nursing home, strapped to a rocking chair so you won't wander off. You'll have no memory of anything recent, even from minutes ago. The only person my mother recognized was me. Not even my father. She did remember the address where she lived in Denver when she was eight years old, but very little more recent.

It's something to think about the next time you order a hamburger, fries and a diet Coke.

Prozac

Didja miss the Prozac article in the *Discover*? It covered the benefits and drawbacks of the serotonin enhancers such as Prozac, Zoloft, Paxil, Valium, and Effexor. These are the drugs children with attention deficit disorder (ADD), hyperactivity and depression are being given...and often forced to take.

The article listed the common known side effects alphabetically: abnormal thinking, allergic reaction, anxiety, chest pain, chills, cough, diarrhea, dizziness, drowsiness, dry mouth, flu symptoms, frequent urination, hay fever, headache, inability to fall or stay asleep, increased appetite, indigestion, joint pain, nausea, sore throat, stomach/intestinal disorder, sweating, tremors, weakness, weight loss. Somewhat less common are abnormal ejaculation, abnormal gait, amnesia, antisocial behavior, apathy, confusion, convulsions, decreased sex drive, extreme muscle tension, fluttery heartbeat, hair loss, hallucinations, hostility, paranoid reaction, slurred speech, stupor, suicidal thoughts, temporary cessation of breathing, twitching, weight gain.

Well, I suppose it's easier to put up with those side effects than to stop feeding a child sugar.

Puberty

For thousands of years boys and girls reached puberty at eighteen. A recent study showed that today the average age for boys and girls is around ten! Clearly something has changed radically. And it has changed even more for black girls, where the average age is nine—with 50% reaching it at eight, and (amazingly) 3% “maturing” at three years old! Welcome to the Pepsi generation—the fast food fanatics.

I know it's a lousy thing to do to rats, but I'd sure like to see some research reports on what happens to rat puberty for groups fed burgers, fries, and cola vs. those on a raw food diet. You know, burgers made out of growth hormone and antibiotic laced beef (well done, to make sure it takes a very long time to be digested),

plus a bun made from white flour (which has zero nutritive value), fries (made from genetically engineered potatoes which have never been tested for long term side effects on humans) cooked in hydrogenated canola (rape seed) oil, and cola with 12 teaspoons of sugar per can (plus dissolved aluminum from the can). If the average child's junk food diet doesn't kill the rats before they reach puberty, or they don't kill each other, I'll be surprised if their age at puberty doesn't drop. Oh, lace their water with fluorides, just like ours. And don't forget a sprinkling of pesticides, such as you get when you eat non-organic grown produce. You know, that fragment of lettuce leaf and plastic tomato slice in your burger.

Since there obviously will be no government or industry funding for this research, maybe you can get some kids can do it as a science fair project. I'll bet *The New Yorker* will be interested in publishing the result and that none of the medical journals will touch it.

Rife=Bunk?

If you haven't read Barry Lynes' *The Cancer Cure That Worked*, the book about the work of Dr. Royal Raymond Rife, you've missed a fascinating story.

Rife is the guy who, back in the 1920s, invented a super powerful microscope. Like Béchamp before him, he heterodyned two ultra-violet lights to produce a visible light magnification that allowed him to watch live bacteria in action. But he made the serious mistake of curing some of his patients of cancer. For this error he was arrested, his microscopes destroyed and he was put in prison. It's the good old American way. At least, he didn't die there as did Dr. Wilhelm Reich—whose equipment was also destroyed and books burned.

So where's the bunk?

Rife was using a radio frequency generator, which he supposedly "tuned" to frequencies which blew bacteria apart, with each requiring a different frequency. So today we have so-called Rife frequency generators which are selling in the multi-kilobuck range.

So what's wrong with that? Why do I think this is bunk?

Firstly, I've read everything I've been able to find about Rife's work, looking for some hint as to the frequencies he was using. Plus, it seems to me that if one is going to blow up a bacteria one is going to have to use one heck of a high frequency to get a half-wavelength down to microbe size. With 1920s technology? When I got started building radios in 1937 the ham ten meter band was considered an ultra-high frequency experimental band. That's about thirty feet, not millionth's of an inch.

The second problem was stability. You either used a crystal in an oven to generate a stabilized frequency or your signal wandered around as your equipment heated up and cooled. Even temperature-controlled ovens for the crystals were crude by today's digital generator standards. So how could Rife have known and achieved a frequency accuracy which targeted a specific pathogen?

Third, this was way before frequency counters. There was no way to accurately measure frequency.

Fourth, cancer isn't caused by bacteria anyway. It's caused by faultily reproduced cells not being trashed by the immune system and thus being allowed to grow out of control. With around 24 billion cells having to be replaced every day, an overloaded immune system can miss trashing a few reproduction errors—and the result can eventually be deadly. The only practical cure I see for cancer is to rebuild one's immune system. This is the route promoted by Drs. Day, Comby, Bieler, me and a few others.

So, as far as I can see, those expensive so-called Rife frequency generators are just one more alternative health fraud.

Mercury

Dentists who have been using dental amalgam for fillings were found to have four times the normal level of mercury in their bodies by researchers at the Glasgow Royal Infirmary. They also had more kidney disorders and memory problems. My dentist, who helped load my mouth with mercury (since removed), died of Alzheimer's.

And this is the stuff that, as a child, I played with and used to coat dimes. It turns out that it's vapors are easily inhaled, and it also migrates through the skin to your brain. It takes from 15 to 30 years for half of it to leave your body.

It's been found to cause Alzheimer's, kidney dysfunction, multiple sclerosis, food allergies, impaired immune system, fatigue, poor memory, and psychological disorders. Mothers with mercury poisoning (from their fillings) can expect birth defects in their children.

Yet, with all this becoming common knowledge, many dentists are still using amalgam fillings and denying the long range health danger.

If you still have any amalgam fillings get 'em replaced with plastic as soon as you can.

Cancer!

Si-i-i-igh. A five-page article in Business Week on cancer was all about traditional treatment. Well, they're certainly not going to take even a slight chance of offending the pharmaceutical industry. There was no hint of what's causing cancer. No hint that there are *any* treatment alternatives.

Since no consumer publication dares to challenge the medical industry, FDA, drug industry, HMOs, and the parasitic sickness insurance industry, the only way the word is going to get out is for you to tell anyone who will listen that cancer is easy to cure. Any cancer. And with no drugs. No chemo. No radiation. No surgery. And I mean cure, not that remission crapola!

This veil of secrecy is killing millions of people.

No, I'm not an MD. Hell, if I was I wouldn't dare make such a statement...I'd lose my license in a wink. But I do believe in the work of Drs. Lorraine Day, Bruno Comby, Henry Bieler, and a bunch of others who are never mentioned in the medical schools or medical press.

Over half a million Americans are dying every year of cancer. And when cancer strikes, the victims learn soon enough that it's incurable...that the best they can hope for is remission. What a crock! But not one in ten or a hundred thousand will ever make any effort to look into the situation and do any research. The public's belief in doctors is almost total.

If any cancer victims you meet refuse to even look at my book, maybe you can get them to call 800-574-2437 and get Dr. Day's video, "Cancer Doesn't Scare Me Anymore!" Yes, she's a "real" doctor. A famous one.

With the medical cabal making an average of \$345,000 per cancer case (it's their best money-maker), news of how easy it is to totally cure any cancer with no drugs could lose the industry hundreds of billions.

Money Talks

One of the biggest mysteries in Washington is who inserted a two paragraph rider in the homeland security bill which confers virtual immunity to drug makers against any vaccination suits. The suspected culprit is the mercury-based preservative used in vaccines for diseases such as mumps and measles. Hundreds of parents have sued the drug manufacturers for including mercury in their vaccines after their children have been diagnosed as autistic.

In 2002 Eli Lilly alone gave \$1.6 million, mostly in cash, to GOP political candidates. Their investment clearly paid off. The Democrats failed their biggest contributors...trial lawyers.

Silver Canteens

During WWI the German soldiers used silver canteens. This allowed them to drink the local water as they moved around without getting dysentery, an illness that debilitated many of the Allied troops.

The ability of silver to kill germs was known long before doctors stopped denying that there were such a thing as germs. A silver dollar was put into milk to keep it from spoiling. Of course, that was back when silver dollars were actually made of silver. And guess what the wealthier people ate with? Silverware. The hoi polloi ate with their hands...and got sick.

Ooops!

Your friendly drug companies and the FDA goofed again, killing a lot of customers. This time all drugs containing phenylpropanolamine are being recalled. Seems the stuff has been causing stroke and seizure in children and in particular with women in the 18-49 group.

The stuff is in Acutrim, Alka-Seltzer, BC, Comtrex, Contac, Dexatrim, Dimetapp, Robitussin, and Triaminic products, so check the fine print on the labels carefully. You can probably get a refund.

If you'd keep your immune system in shape you wouldn't need any of this junk

anyway. Remember, *every* drug has side effects, it's just that most aren't this serious. Or they haven't admitted that they are yet.

Poisoning Our Children

Our beloved government is at it again. Big surprise. Until I read a piece in *Forbes* I wasn't aware that the government has been providing school breakfasts for needy children.

The fuss was over the demands of do-gooders, lead by Rep. Lynn Woolsey (D-Calif.), to provide *all* school children with breakfasts. The idea is not to make the needy children feel stigmatized for being in the school breakfast program.

So what's my beef?

I know damned well what the government is going to feed kids for breakfast: cold cereal, milk, sugar, toast and jam. Not one healthy bit of food!

Have you taken the time to read Cohen's *Milk, The Deadly Poison*? Or Appleton's *Lick The Sugar Habit*? Some cold cereals are so deadly that lab animals fed the stuff die. Fed junk like that it's no wonder the school authorities are demanding that kids be forced to take Prozac, etc.

It wasn't until I went off to summer choir camp that I was exposed to food like that. My mother never fed me any cold cereal, nor any white bread, jam, or jelly. No peanut butter and jelly sandwiches. I got hot cereal, without any sugar, and eggs fixed dozens of ways. No Danish. Instead I had fresh oranges, bananas, and melons.

These days I mainly stick to fresh fruit for breakfast. I still love hot cereal, though I know that cooked food is much more difficult to digest and is far less nourishing than raw.

Let's see what you can do to get your Senator or Congressman to put an end to this government poisoning of kids. It's bad enough they're doing it to us with fluorides in our water and mandatory inoculations. This is supposed to be the land of the free, so how can we get those government boots off our necks?

Fast Food

How come it takes me twice as long to eat as everyone else? Because I'm the only one taking the time to actually chew my food. Everyone else chews their food just long enough to be able to swallow it, and then washes it down with ice water, tea, cola, wine or a malt.

Around a hundred years ago, when Dr. Kellogg did the research, he found that a big part of the digestive system lay in the saliva action while chewing food. He recommended that every bite be chewed one hundred times before swallowing. For a while he had several million people actually chewing their food. He didn't do us any favors when he brought us corn flakes and other cold cereals.

Now, about that stuff you've been drinking while eating. That liquid goes to your stomach and dilutes the acid bath your stomach needs to dissolve the food so your intestines can get the most out of it.

Well, considering the junk people are using for food, maybe it's best that it go through the digestive system with as little absorbed as possible. Twinkies, GM modified potatoes deep fried in hydrogenated canola oil, well done beef loaded with growth hormones and antibiotics, Krispy Kremes, Oreos, etc. You get the picture.

Smallpox

If the recent revelations about the serious dangers of flu shots hasn't cooled your enthusiasm to line up for a smallpox vaccination, it's time to stop believing the major media and politicians, all well under the control of the pharmaceutical industry, and do some homework. At least read Waleen James' *Immunization, The Reality Behind the Myth*. That'll slow you down. It's reviewed on page 7 of my *Wisdom Guide*.

A recent article in *Time* tells us that the smallpox vaccine "is one of medicine's most dangerous." About a third of those vaccinated get sick enough so they miss work or school. Pregnant women, small children, anyone with a suppressed immune system or eczema are in more serious danger. Considering your diet, how strong do you think your immune system is?

Only a small percentage actually die from the vaccination...and acceptable loss...unless one is your child. "Gee, sorry about that."

Maybe you've heard that some Russian scientists figured out how to modify the smallpox virus so it would be able to get around any known vaccine...and that one of them was brought to Iraq by Saddam ten years ago to help work on his germ warfare development team.

The Staph of Death

D'ja see the five-page article in *Fortune* on the latest *Staphylococcus* mutation? Infections by this mutant staph are now routine in hospitals. This is a nightmare that doctors have been dreading (and expecting) for years.

Several years ago I reviewed the wonderfully documented 750-page book by Eileen Garrett, *The Coming Plague*.

According to the CDC of the ten million patients who entered hospitals in 1999, two million caught bacterial or viral infections, and over 90,000 died of them. This makes hospital infections the number 5 killer in the U.S.

The research looking for a cure for staph is being done by the pharmaceutical companies. Are they checking out silver colloid? Of course not. That's not an option since it can't be patented and sold in \$20 a day doses.

In the meanwhile, perhaps you'd do well to do everything in your power to stay the hell out of hospitals...where, if the staph of death doesn't get you, a surgeon's oops, prescription error or some other hospital-gained infection may. The *Archives of Internal Medicine* published a study in September tracking drug use in 36 hospitals and nursing homes in Colorado and Georgia. The report showed that in the average 300 patient institution an error was involved in one out of five

cases. Seven percent of the errors were “really, really bad.” That’s more than 40 really, really bad errors per day.

Maybe it’s time to be a nuisance like me and nag your family and friends to stop poisoning themselves into a hospital stay. The hospital odds make gambling casinos look like safe bets.

Fatso

30.5% of Americans are obese and 64.5% are overweight. And this accounts for the \$117 billion a year spent on obesity related illnesses, plus about 300,000 deaths, second only to tobacco. The food industry knows what it’s doing when it spends \$33 billion a year to encourage us to eat more.

We’re eating more and getting bigger portions. Muffins, which weighed an average of 1.5 ounces in 1957 now average a half a pound each! McDonald’s fries used to be 200 calories vs. today’s 610 calories super-size fries. In 1970 we drank an average of 22.2 gallons of sodas vs. 56 gallons now. Half of the schools now have exclusive contracts with the soft drink makers—and a nice payback for the exclusivity.

And so it goes, with more and more schools contracting to have fast food companies sell in their schools.

Kids are hit hard during the Saturday TV shows when they are exposed to an average of 225 commercials. By 1995 this was up to 997, with two-third of those promoting foods of little nutritional value. Kids aged 2 to 18 now spend an average of over five hours a day in front of the tube. And, wow, are they fat!

Parental control? Isn’t that something people used to do? I’ll have to check a history book.

Parkinson’s

Recent research into Lou Gehrig’s Disease (amyotrophic lateral sclerosis - ALS) has found that it’s caused by a bacterial nucleic particle called a mycoplasma. This was also found to be the cause of chronic fatigue syndrome and Parkinson’s Disease.

And the cure? An immune system enhancing diet.

Gee, what a surprise (not).

And how does one enhance or rebuild their immune system? By not eating anything the immune system reacts to as toxic. What a concept!

Health Notes

A daily banana helps ward off strokes. It’s the potassium. Oranges help too. Hmm, I eat a banana and an orange for breakfast every day.

Optimists are healthier and live longer, according to a Mayo Clinic study.

People who don’t get enough sleep have double the heart attack risk. Angry and depressed people are also more likely to have heart attacks.

Super germs have escaped! The widespread overuse of antibiotics has resulted

in the breeding of drug-resistant germs. These are now escaping from hospitals on the clothes of patients, workers and visitors. Germs used to quickly die after exposure to the outside world, but the new resistant germs are able to stay alive, even for months, waiting for a new host to attack.

There's much to be said for keeping your immune system at industrial strength, plus a supply of silver colloid and a spray bottle on hand for your clothes in case you might have to visit a hospital to see a friend.

Don't Blame Doctors

In my estimation the medical/pharmaceutical/HMO industry is one of the big scams...right along there with our government-run public school system and Congress.

But, I don't blame doctors for not knowing what's going on. They're brainwashed in medical school and never even hear about alternatives. I'll bet not one doctor in a thousand (maybe ten thousand) has read the books by Dr. Melvin Page, Dr. Weston Price, Dr. Henry Bieler, Dr. Bruno Comby, or Dr. Guylane Lancôt .

They're all taught to "treat" symptoms with prescription drugs, shots or surgery.

Like the rest of us, they never hear about the work of the above doctors from the media and, even if they bothered to read the medical journals, they wouldn't learn anything about alternatives. The medical journals depend on pharmaceutical company advertising and aren't about the kick billion-dollar gift horses like that in the err... slats.

Pottenger's Cats

Back in the 40's Francis Pottenger, a dentist, decided to see what effect diet might have on longevity. He picked cats for his research. 800 of 'em. He split them into two groups. He fed one group raw meat. This group remained healthy throughout the experiment. The other group he fed processed food. Junk food.

The first generation of the second group developed arthritis, diabetes, allergies, and cancers, just like we humans do. They developed these diseases toward the end of their life span, which was about two-thirds as long as the raw meat eaters.

The second generation junk food eaters developed these same diseases toward the middle of their lives. The third generation developed them early in their lives. There was no fourth generation since the third generation cats were unable to conceive, or when they did, they aborted.

It was Pottenger's research that helped convince Dr. Bruno Comby to put his sicker patients on all raw food diets. The results were spectacular, as reported in his book, *Maximize Immunity*.

Today, in America, 25% of our young adults are unable to conceive. Spontaneous abortion and miscarriages are on the rise. The number one killer of children under ten today is cancer!

Well, look at how our diet has changed in the last hundred years, about four generations ago. That was before supermarkets and fast food. We ate fresh food,

raw milk, and meat with no growth hormones or antibiotics. That was before packaged and frozen food. That was when people were eating around five pounds of sugar a year instead of 158. That was before our farmlands were depleted of minerals. That was before crops were sprayed with pesticides. That was also before deodorants, bug sprays, toothpaste with fluoride, and so on. Our kids are coming down with diseases which used to only strike the elderly.

Pottenger found that he could reverse the problem by changing the cat's diet to raw meat, but it took three generations to do it.

It's something for parents who are feeding their children sugar-frosted cereal, swimming in a bowl of growth hormone and antibiotic laced pasteurized milk for breakfast to think about. Oh, and pop-tarts.

Tolja

The August issue of the *European Journal of Cancer Prevention* published an article on the Swedish research which showed that cellphone users had a much higher rate of brain tumors than average...and the more they used them, the higher the rate. A Finnish study showed that one hour of cellphone use measurably affected brain cells. Gee, what a surprise!

The American cell phone industry is, of course, disinterested in any research, or in reading the published work of Ross Adey, the world's leading researcher in this field. But, if you watch what these guys do, you'll see 'em using a headset wire to their cellphones so that antenna isn't close to their heads.

We may soon see a headline-making trial as brain-cancer stricken neurologist Christopher Newman sues the cellphone industry. He's represented by the Peter Angelos firm, which has gotten huge fees from its actions against asbestos and cigarette firms.

With over two billion people now using cellphones worldwide, this may be the biggest biological experiment in history.

It's something to think about the next time you pick up a cellphone.

West Nile Hype

Ya wanna have some fun? Try and get any honest data on West Nile Virus victims from the CDC or state authorities. Investigative journalists have and failed.

You may remember that New York attributed seven deaths to WNV, but you won't get any details. Independent research found that all seven were over 75 years old, one had a serious heart condition, two had cancer with heavy chemotherapy (no immune system left), and all had poor immune systems. None of the deaths were actually attributed to WNV.

We're told that children and the elderly are at risk. Baloney. Children are far more at risk from pesticides and mosquito repellents.

So what's different about WNV? Not much. In its effect on humans it is just like St. Louis virus, which has been around since 1933. Less than 1% of people infected with WNV or SLV develop any serious illness.

Still Another Poison

Since acrylamide is well known to cause cancer in lab animals, and the EPA allows no more than 0.12 micrograms in an 8-oz glass of water, what are some other common sources? The Swedish government ran some tests on some items which might be of interest.

In micrograms per serving they reported that Tostitos Tortilla Chips had 5, Honey Nut Cheerios 6, Cheerios 7, Lays potato chips 8, Fritos Corn Chips 11, Pringles 25, Wendy's french fries (big-530 calories) 39, KFC Potato Wedges 52, Burger King French Fries (large-600 calories) 59, and the winner by a mile: McDonald's French Fries (large-610 calories) 82. No wonder kids are getting cancer at such early ages, as well as fat.

You really don't "want fries with that."

More Smoke

Researchers at Osaka City University, using new ultrasound technology, were able to measure the effect of second-hand smoke on the cells that line the heart and blood vessels. They found that the blood flow in the hearts of non-smokers was 20% better than that of smokers. However, just 30 minutes of breathing second-hand smoke brought their blood flow down to that of the smokers. That's something for smokers to think about when they light up in the car with their kids in the back seat.

Okinawa

How come Okinawans have one fourth as many cancers as Americans? The same reason they're living five years longer than we are. Diet. Less sugar and a lot more tofu — more than ten times as much tofu. We're drinking over ten times as much milk. Oh, have you read Robert Cohen's *Milk, The Deadly Poison*?

Hey, if a slow, very painful, hugely expensive cancer death and a shorter life don't worry you, never mind. I'm paying attention because, at 81, I've got at least another twenty years work that needs to be done laid out. And that's in addition to trying to get the word out on the truth about health to a seemingly deaf, dumb and blind population.

More Drug Nonsense

While you were sleeping the DEA's budget has grown from \$3.1 billion in 1982 to \$19.2 billion today. And the results? Daily headlines and TV exposés of DEA scandals, drug busts gone terribly wrong, and more drugs than ever being available.

The biggest beneficiaries of this Congress-instigated corruption are the CIA (said by many informants to be the biggest drug importer), Mafia, drug gangs, and a few Colombian multi-billionaires. The easy money in this enormously profitable

business keeps inner city kids from being interested in education or honest work. That's for suckers.

And who are the patsies paying for this big scam? The rest of us.

The CIA a major drug importer? Aw, come on. Is nothing sacred? Yes, one thing...our gullibility in believing what we see on TV and read in the papers. So read *Bushwacked* by Uri Dowbenko and *The Conspirators* by Al Martin and wise up. Read how the CIA smuggled in over a thousand tons of cocaine last year, with the proceeds funding the operations they don't want Congress to know about.

Organ Transplants

The only reason anyone needs an organ transplant is because they've ruined the one they started out with. And, unless they make some major changes in their lifestyle, they'll immediately get busy destroying the replacement part. And ditto goes for by-pass operations. How are people destroying their body parts? With poisons, stress, lousy nutrition, lack of exercise, lack of sunlight, and dehydration, that's how.

Sleeping

Judging from the huge audience listening to the Art Bell show every night, there sure are an awful lot of people who have insomnia. I've probably written about this before, but it's been long enough to do it again. It's Uncle Wayne's way to fall asleep almost instantly. If you haven't any problem with this, and don't know anyone who has, skip on to the next subject.

Okay, here's the easy route to the Nod Land.

The secret is to condition yourself, mind and body. We are creatures of habit, so let's recognize it and start using habits to make life easier for us. Every time, from now on, when you go to bed, get into the same comfortable position. Pretty soon, every time you get into that position, you'll be on an express train to Nod.

Make sure your bedroom is as totally dark as you can make it. Our bodies are hard wired to sleep best when we keep them in total darkness.

Now, consciously relax your body, one piece at a time. Feel how heavy your arms are. Your legs. Take a few deep breaths to further relax your body.

Next, you need to still that racing brain which may be buzzing about the day's problems. Picture a blank page. Then think the word "zzzzooo." Over and over. zzzzzooooo. You'll be fast asleep within seconds, and it works every time.

When I am going to sleep I set the alarm in my mind for when I want to wake up. If it's an afternoon nap, I set it for an hour. Bingo, I wake up within a minute or two exactly an hour later. Your mind will do whatever you tell it to. At night I set my mental alarm for six hours. No matter what time I go to bed, no matter how worrisome the day, I'm asleep in seconds and my mind awakens me six hours later. And this is something you can do.

End of today's lesson. Please remember to pay your dues by teaching this technique to any friends that can use the help. And tell 'em about my books.

Sperm Counts

Men's sperm counts are dropping. Gee, what a surprise! They've dropped about 50% in the last 50 years and scientists have been trying to figure out what might have caused this.

Is this God's way of limiting the world's population? Gaia seems to be able to self-correct for some problems, perhaps Gaia's doing something. Scientists suspect it's the water.

Our water supply is loaded with PCBs, DDT, estrogen from those birth control pills and dioxin. One survey found 95 contaminants in waterways across the country. They found the break-down products of nicotine, caffeine, insect repellents, steroids, anti microbial soaps, and detergents, artificial estrogen, and so on. Yep, and we're drinking that crapola. Well, we are unless we've wised up and are distilling our drinking water.

Check out www.steamdistiller.com for a \$119 still.

Of course that won't keep you from getting loaded with growth hormones and antibiotics when you eat that Big Mac or Whopper. And there's good reason to suspect that these, too, will be affecting sperm. Same deal with the mass-produced chickens. And eggs. I see where eggs from free ranging chickens, fed vegetables instead of commercial chicken feed, are going for \$4 and \$5 a dozen. Hmm, but how many of those veggies are organic, having not been grown in mineral depleted soil using chemical fertilizer and then sprayed with pesticides to ward off the ensuing bugs?

We've sure made a mess of things by leaving our food supply up to a few giant corporations who have our money in mind, not our health. And then trusting our government to protect us from these corrupt corporations, who have both our politicians and the federal agencies in their pockets.

It's almost time to start planting your own garden and distilling your water. Have you room for a few chickens? We get fresh chicken, duck and goose eggs every day from our free-ranging birds.

Oh, you're not living on a farm? Why not? If you had your own business you could move anywhere you want. My office is across the hall from my bedroom. All of the people producing my new magazine work from their homes.

Our Water

Betcha haven't given any thought to where all the prescription and over-the-counter medications go after people take them. Hey, where do you think? The same place products of nicotine breakdown, caffeine, steroids, fecal stuff, insect repellent, detergents and so on are found...in our waterways and water table.

Lacing our drinking water with chlorine and fluorides doesn't do anything to get rid of the contaminants. Actually, it just makes the water even more dangerous to drink. The chlorine is there to get rid of germs, not to remove used medications.

Gee, do you think that this brew most people are drinking could be linked to the dropping sperm count?

Doctors At Work

According to the Journal of the American Medical Association properly prescribed drugs for properly diagnosed diseases kill over 100,000 patients a year. That's 2,000 per week.

Hmm, hey guys, what about the death toll from properly prescribed drugs for improperly diagnosed diseases? And deaths from improperly prescribed drugs? Another JAMA report said that half of all prescriptions are either inappropriate or unnecessary.

Then there's nosy busybody Ralph Nader's study which reported 180,000 deaths a year due to hospital negligence.

Plus how many deaths due to diseases caught by hospital patients from other patients?

The next time you bite into a Big Mac or a Whopper, you might mull over these statistics. Oh, did you pass up watching the PBS program on the American meat packing industry? Our national food used to be the hot dog, now it's the burger, made of 49.5% meat, 49.5% fat, and anyone's guess on the other 1%, which include growth hormones and antibiotics, plus a generous dusting of manure. They're cooked "well done" to try and kill all the pathogens.

Cows no longer graze on grass, they're stuffed with corn in restrictive feed lots. This makes it so they don't have to take several years to grow, but are ready for McDonalds and Burger King in a year and a half.

The FDA meat inspections? Har-de-har. Sure.

Jungle Rot

A note from a Viet-Nam veteran thanked me for making him aware of silver colloid. He said that many of the infantry men from the war have been suffering from a recurrent fungus they've called jungle rot. He's tried every kind of antibiotic ointment on the market, plus a half dozen ointments from the VA. None worked. When he tried a weak solution of silver colloid the burning and itching stopped immediately. He put it on twice a day and the rash completely healed.

Vitamin D

D-which? There's the vitamin D our body makes when we expose it to sunlight. This is the vitamin D our bodies have been making for a million years and depend on. This is the vitamin which helps prevent cancer and a bunch of other diseases. Then there's D2, the synthetic vitamin D we get in supplements, which seems to be of little benefit to us. We need to get out in the sun, the way our ancestors did.

No, it isn't healthy to burn your skin. Just build your tan carefully. Sun screen? NO NO NO! Avoid that stuff like the poison it is. Oh, I haven't gotten you to read Russell Blaylock's book, *Excitotoxins*, yet? Sigh.

Gee, but what about skin cancer from too much sun? It's your diet that does that, not the sun. You need those Omega-3 oils.

A lack of the UV-B rays helps promote cancer, depression, SAD, obesity, infertility, PMS, autoimmune disorders, diabetes, arthritis, fatigue, and so on. So get yourself out into the sun every day and do a couple of miles of fast walking. Hyperventilate to get more oxygen into your system. And no wearing any glasses, either.

HGH

You've probably heard the commercials for HGH, the human growth hormone. Great stuff, probably but, according to the Harvard health letter it's only effective when injected. Worse, unless you've got a confirmed growth hormone deficiency, there's no real justification for these pricey injections—which cost about \$20,000 a year. And worse, yet, they're now suspected to increase cancer risks. Just what you need.

The newsletter goes on, "Despite label claims, there are *no* over-the-counter pills, sprays, or creams that contain HGH. No wonder I'm hearing from people using them who claim they've seen no results.

Water

The Earth is 70% water. The body is 70% water. Our cells are 70% water. DNA is 70% water. A coincidence?

Virtually all of us have been short changing our bodies when it comes to water and this eventually leads to painful results. One of the reasons for this is that our bodies lie to us, sending us confusing signals when it needs more water. The signals are there, it's just that we wrongly interpret them.

The most common thirst signal is one of feeling hungry. Hey, I need a snack. Maybe a piece of candy or a cookie. Wrongo, big time—you need a glass of water. Make that pure water please, and not that toxic mix coming out of your faucet.

Another signal that your body needs water is when you feel tired during the day. You don't need a little rest you need water.

I keep glass bottles of water handy in my office, the kitchen, and in other handy spots around the house and usually down two 48-ounce bottles a day (12 glasses). How much water should you drink? The rule is to drink one half your weight in ounces. At 160 pounds I should drink at least 80 ounces. Ten glasses. Which I do.

If you drink coffee or a cola, these are diuretic, so you need to drink two extra glasses of water for every glass of these poisonous drinks. Dr. Batman says that colas are increasing obesity, especially among children. The diet drinks are worse because aspartame breaks down in the body into chemicals which reduce the blood sugar to our brains, making us feel hungry and storing more sugar from our blood in our fat cells.

You can get the straight dope from the leading expert in the water field, Dr. Batmanghelidj (Dr. Batman). His book, *Your Body's Many Cries for Water* is a must read. Yes, I've reviewed this already, but it's important enough for me to keep reminding you.

Water

How come I keep stressing the importance of drinking *distilled* water? Don't we need the minerals we can get from our water supply? Dr. Allen Banik, who's spent much of his life researching the effects of water on the human body, says, "The only minerals the body can utilize are the organic minerals (from plants). All other types of minerals are foreign substances to the body and must be eliminated. Distilled water is the only water that can be taken into the body without damage to the tissues." And Dr. Charles Mayo (Mayo Clinic) says that inorganic minerals in solution are the cause of much human disease.

Are you drinking at least ten glasses of pure water a day? And two glasses for every cup of coffee or tea you drink.

Melanomas

These are the top cancer-related cause of death to the 25-30 year old Americans. Alas, the drug companies haven't yet been able to come up with a drug.

Hey, guys, it's weakened immune systems that are causing the trouble, not the sun—nor a lack of interferon alpha-2b or some other patented concoction. Our ancestors spent most of their days in the sun and they didn't get any melanomas.

According to Dr. Lorraine Day and several other reports I've read, when two groups of lab animals get the same amount of sun exposure, with one group eating the standard American diet and the other fed raw foods, only the American diet group get melanomas. So, if you're going to nosh at McDonalds stay the heck out of the sun. At least you'll have a better chance of living at least into your 50s before your diet-caused heart attack—probably preceded by a few \$25,000 by-pass operations.

Cooked Goose

Don't you pity the poor bastards who are addicted to cocaine or heroin? And those kids exhibiting the monumental stupidity of smoking, building one hell of a lifetime (though short) addiction?

Well, step up to a mirror, sucker. You're a drug addict too and, like all drug addicts, you won't face the obvious.

No, I'm not talking about drugs like caffeine or alcohol, I'm talking about eating cooked or processed food.

For some reason our schools (including medical schools) don't mention the work of doctors Weston, Price, Pottenger, Comby, Bieler and Howell. I've written about all of them except Dr. Edward Howell. I've even reviewed their books in this book.

Howell's research showed that rats fed cooked and processed food lived about two years. Those eating raw food lived about three years. In people years that's the difference between living 75 years (our current average) and 112.

Rats fed only processed food got fatter and fatter, while their brain weight went

down. D'uh?

Howell reported that before Eskimos were introduced to a cooked diet they mainly lived on raw whale and seal blubber and meat—with no heart disease, cancers, high blood pressure and so on. They lived long, healthy lives, even without fruit and vegetables.

A study was done with hogs where one group was fed cooked and the other raw potatoes. Those eating the cooked potatoes gained weight rapidly. Those fed raw potatoes didn't get fat. Howell states, "it is impossible to get people fat on raw foods...regardless of the calorie intake."

Now, will that be a Big Mac (do you want fries with that?), a Whopper, or another slice of pizza?

Oh, yes, I particularly want to thank the many readers who have written, thanking me for getting them to change their lifestyles to raw food and telling me of their resulting amazing weight losses, their feeling decades younger and healthier, and their revived libido.

Cancer Answer

According to the April 26th issue of *Nature*, scientists have proven again that a strong immune system prevents cancers from forming. They did it with mice. Never mind that Dr. Lorraine Day has proven with her own body that a strengthened immune system can reverse and cure even near fatal cancers. In her case she was so near death when she decided to cure herself that she'd been given last rites. Well, it was a last wrong in her case.

If you know anyone with cancer for heaven's sake have them get her Cancer Doesn't Scare Me Anymore! video. Call her at 800-574-2437—and say hello from Wayne. I sent her a copy of *Secret Guide to Health* and she called to say that my book is right on the money.

Since I'm not an MD, you may believe her more than you do me. Dr. Day was a leading San Francisco trauma doctor. Now she's busy trying to get the word out on how anyone can cure cancer and almost any other disease just by changing one's lifestyle. As she says, "There are *no* incurable diseases."

Let's try to stop the medical industry's \$50,000 lumpectomies and mastectomies just by changing our diets.

Drug Testing

Bet you didn't know that most of the drug testing for FDA approval is done by the drug companies seeking the approval. Would it surprise you to know that many of these tests are rigged? That problems found during the tests are swept under the carpet? All of which explains the parade of FDA approved drugs which later have to be taken off the market when the adverse reactions and side effects can no longer be hidden.

A recent study by the U.S. Agency for Health Care and Quality of 192 drug trials, each with a minimum of 100 patients, brought this: "We found no instances

where the safety reporting can be deemed satisfactory.” They found that the severity of the side effects were not reported in over 60% of the trials, and the drug toxicity in over 70%.

But the FDA is doing it’s job. Two FDA agents visited me to make absolutely sure I’m no longer sending any information to the public on how to build the blood purifier gadgets.

Happy pharmacy, sucker.

MMR-Autism Link

Doctors in the UK found the measles virus in the intestines of children who developed autism after a healthy infancy. All of them developed autism after receiving the MMR vaccine. That’s the combination of mumps, measles and rubella vaccination.

Again, we’ve been conned by the medical industry. If you prefer to believe your kindly family doctor about vaccinations, at least do me the courtesy of reading a book or two exposing this scam. Like Coulter’s *Vaccination - Social Violence and Criminality - The Medical Assault on the American Brain*. This exhaustively referenced book shows the connection between vaccinations and autism, mental retardation, criminality and a few other downsides—like death. About a thousand babies a year die. The medical industry calls that an acceptable loss.

Negative People

A study reported in *Time* (May 14, 2001- p.62) confirmed that people who express negative emotions do not live nearly as long as positive people. That’s good news. It’s a real drag when you know someone who invariably thinks in terms of the negative side of everything and who sees or suspects the negative side of everyone they meet. No matter how excited you may be about a new idea, this person will find a potential downside if you try to share it.

The study also points out that Alzheimer’s can be postponed by a diet change to leafy green vegetables. Also, the more active you are in using your brain, the less likely you are to get Alzheimer’s. Playing chess, Scrabble and doing cross-word puzzles are great preventatives. As a cross-word and cryptogram addict that’s comforting to know.

Thanks, Rocky (a fan in Santa Clara CA) for sending those bundles of *NY Times* puzzles. I usually knock off the “Solution time: 24 minutes” puzzles in about eight to ten minutes. Yep, I’m bragging.

Bread

The staff of life, right? No, make that the shaft of life.

Grains make healthy food—when we sprout them, but when we grind them into flour, a process we invented around 10,000 years ago, and which had not existed for 99.999+% of mankind’s history, we did not do ourselves any favors.

Robert Crayhon, in his *Paleolithic Diet*, says that the combination of low physical activity, hypercaloric intake, and over consumption of these neocarbs (new carbohydrates) is at the root of our obesity crisis, plus a long list of other health miseries. His cure is simple—just return to our historical diet of lean meat, seafood, fruits, vegetables, raw nuts, and moderate physical activity.

Our guts over millennia adapted to our eating raw food. Thus, the more you go raw, the healthier you're going to be and the better you're going to feel. You'll lose unwanted weight, have more energy, and even your brain will respond once you stop sandbagging your body with sugar, flour products, and cooked food.

That's right—no pasta, no pizza, no hot dogs, no Big Macs. That is, unless you don't mind being grossly fat, tired all the time, constipated, and difficult to live with. Ohh boy!

I just love the letters and emails I'm getting from people who have changed to raw food. They've lost their unwanted weight, and say they're looking and feeling years younger. Is it really surprising that when you put the wrong fuel into a machine that it's going to work poorly?

Being a known tightwad, I check out the books being sold at yard sales, Dollar Stores and outlets like the Building 19 stores. I picked up a copy of *The Concise Medical Encyclopedia*, a 500-page 1998 book describing thousands of illnesses, for five bucks. And it's a big 8-1/2 x 11 -inch hard cover book. In looking through it I could see that around 99% of these illnesses are caused by a poor diet. And most can be cured by a diet change. It's your health, your body, and your choice.

Vitamins and Alzheimer's

Just as I've predicted, a Swedish study reported in the *Journal of Neurology* says that nutrition can help prevent Alzheimer's. I haven't seen any reports of studies to see if nutrition can actually reverse Alzheimer's, but I'll be surprised if it can't. The study found that vitamins could prevent Alzheimer's dementia.

I suspect that the reason vitamins and good nutrition make the difference is that they keep the immune system strong enough to keep the brain from turning to mush.

No, Coke does not qualify as good nutrition. Nor do Big Macs. Nor fries.

In another report it was pointed out that 88% of all medications use aluminum hydroxide as a stomach buffer. This, and ant-acids, are major sources of aluminum.

As I've mentioned before, we also get aluminum from vaccinations and antiperspirants.

So what's the big deal about aluminum? Excess aluminum in the blood gathers in the brain, interfering with the microvolt brain wiring, slowing down and eventually stopping the circuits from working. Pffft goes short term memory, and then longer and longer.

My mother, who died of Alzheimer's, could remember her address when she was seven years old in Denver, but couldn't recognize the people she was living with at the nursing home. Maybe that helps explain why I'm such an itch about nutrition. Oh, how I wish I'd known what I know now while she was still alive.

Women Smokers

As bad as smoking is for men, it's far worse for women, according to a report from the National Institutes for Health. Women are up to twice as likely to suffer strokes, lung cancer and heart attacks as men smokers. It also can cause birth defects, lower IQ and low birth weight for their babies. Then there's severe PMS and early menopause. The bottom line is that any young girl who takes up cigarettes is either pathetically ignorant, or flat out stupid. Or both.

Laughing

It's no news flash that stress is a killer, yet we put up with stress, as we do with more and more slow killers we now know about (like refined sugar).

In an experiment, researchers at Ohio State University injected eight rabbits with large amounts of cholesterol. Eventually seven of the rabbits had heart attacks and died. But one was still alive and healthy. It took a while for them to find out what had made the difference. It turned out to be a lab assistant who had picked up that rabbit and stroked it every day.

Maybe you're familiar with how Norman Cousins cured himself of a rare and deadly blood disease by renting movie comedies and reading humorous books. My favorites are the Dilbert books.

The reverse is true. If you are under stress at work or at home, that's going to knock down your immune system and you've going to be much more susceptible to health problems. Like cancer, heart attacks, stroke, and so on.

So, get out there and enjoy the sunsets. Laugh at Jackie Chan and his choreographed martial arts antics. Let it out when you read the Dilbert cartoons. Check the humor section of my *Secret Guide to Wisdom*.

I laugh a lot. If you've ever heard me on with Art Bell you know that I laugh all through the show.

Those Bras

Could bras be killing women? In a recent study of 4,700 women, those who never wore bras had the same incidence of breast cancer as men: very rare. Women who wear bras 24 hours a day are 125 times more likely to develop cancer as women who don't. And those who wore bras more than 12 hours a day, but didn't sleep in them had only 21 times the risk.

This was reported by Dr. William Douglass in his *Second Opinion* newsletter.

It's interesting that this research was reported to the National Cancer Institute, the American Cancer Society, the National Organization for Women, and many more women's organizations. None responded!

When Dr. Sydney Singer first reported his discovery of the bra-cancer connection five years ago he was laughed at by the "experts." This new study has tort lawyers all excited about a new bonanza. You can read Dr. Singer's 1995 book, *Dressed To Kill*, Avery, \$12 for the details and references backing him up.

DNA Damage

Did you see the report from the *Journal of the National Cancer Institute* about young smokers triggering changes in their DNA which put them at a higher risk to cancer later in life? Another study showed that 4% of the 4th graders, 7% of the 5th graders and 15% of the 6th graders had already smoked. Plus over 3 million teenagers who are already addicted to nicotine.

Well, it makes sense. Youngsters bodies are growing at a high rate compared with adults, so even small amounts of poisons will tend to affect them more, interfering with their cells ability to make exact DNA duplicates.

We know that mothers who smoke during pregnancy produce children with an average of 8-10 points lower IQ. And that dads, who smoke before conception, also contribute to an IQ loss. Well, eighty years ago cigarettes were called coffin nails.

Trusting the FDA

It's approved by the FDA, so where's the problem? Here's a government outfit that charges food and drug companies an average of around \$250 million to okay a product for sale to the public—a charge that we protected users have to pay with a higher product price. So, how well protected are we?

Well, I've written several times about the dangers of using aspartame, best known by dieters as NutraSweet. The blue stuff. Yes, of course it's been okayed by the FDA. So how did something that's making so many people sick, and causing them to gain weight in the bargain, get the FDA stamp of approval?

Aspartame was originally accidentally discovered by G.D. Searle's chemist James Schlatter in 1965. The company submitted some tests to the FDA which showed the product to be safe, so they okayed it in 1974. A few months later they withdrew the okay after a consumer interest attorney insisted that outside tests showed aspartame to cause serious brain damage to mice. This cast doubts on the validity of Searle's tests.

An FDA team investigated, reporting in 1977 that Searle had withheld test information, plus they found many irregularities in Searle's studies.

Yes, the FDA had been depending entirely on the honesty of drug manufacturers in granting their okay for new products! So, how dependable are such test reports? A recent survey of 166 aspartame studies gives us a hint. Of the 74 paid for by the drug company, 74 found aspartame safe. Of the 92 independent studies, 92% found adverse reactions.

In January 1977 Richard Merrill, the FDA's Chief Counsel, asked Samuel Skinner, the US Federal Attorney, to convene a Grand Jury investigation of Searle for "concealing material facts and making false statements" about aspartame. With the US Statute of Limitations about to run out, Merrill pushed Skinner to move quickly. Which he did. Skinner quickly joined Searle's legal firm, delaying the Grand Jury investigation until his successor could be appointed—by which time the Statute of Limitations had expired.

So what problems were the independent animal studies showing with aspartame? Mainly brain tumors.

In 1981, FDA Commissioner Arthur Hayes, ignoring the reports of brain tumors from the FDA's Public Board of Inquiry (PBOI), approved of aspartame's use by the public. He soon after left the FDA to become a paid consultant to Searle's public relations firm, Burston-Marsteller.

In 1985 Searle was acquired by Monsanto.

Despite thousands of complaints of seizures, headaches and mood alterations, both Monsanto and the FDA have continued to defend aspartame, which is a major money maker, used in thousands of products...notably in diet drinks.

I have a small two-for-a-buck booklet available that you can give to anyone you know who is using NutraSweet products to alert them.

Puff-Puff

Just in case you, or someone you know, is still addicted to cigarettes, I thought I'd pass along a report from the *British Journal of Neurology* linking intellectual impairment in later life with smoking. Smoke and get even dumber, is what they're saying. And the decline in mental powers they measured was not trivial, it was quite significant.

With all the scientific evidence showing the damage smoking does, today it is an act of monumental stupidity for a kid to take up an expensive, life-long drug addiction to smoking cigars or cigarettes. Dumb and dumber.

Pure Water

Considering all of the toxic waste in our drinking water, plus the importance of drinking at least eight glasses a day (remember, we're about 70% water, so we need a lot of water to keep our cells healthy—indeed, one of the moves Dr. Lorraine Day made when she found she had terminal breast cancer was to drink 20 glasses of pure water a day, plus lots of carrot juice and an all-raw food diet), we need to invest around \$120 in a small still.

Well, there's a third, less expensive alternative. What you do is fill a jug with your tap water, then freeze it in your freezer for 18 hours, pour off the remaining liquid, and melt the ice. If you want to be sure to have ultra pure water, do this twice.

This is a process that can be even be used to desalinate sea water. Water freezes far before the impurities in it, so they stay at the bottom. This process will keep your freezer busy...get the still.

If you have fluorides or chlorine in your water you and your family are at risk. Why introduce these toxic chemicals into your body? Fluorine is one of the most corrosive elements known, just what you and your kids need to drink. It mottles the teeth and there isn't one honest study that has shown fluorides in the water to reduce tooth decay. If you think I'm wrong please read at least one of the books on the subject which I've reviewed in this book.

Coffee

In this guide I list caffeine as an addictive poison which anyone interested in health should avoid. Sure, we're able to get 60 or 70 years of use out of our bodies, even when we poison ourselves with caffeine, nicotine, alcohol, sugar, and so on. But the resulting quality of life sure stinks. I challenge you to find a nursing home anywhere that's feeding it's prisoners healthy food. That's as unlikely as finding any other kind of prison providing healthy food.

Coffee is so toxic that it does chromosomal damage, causing mutations. Just what parents want to do to their children, right? It has also been linked to an increased risk of stomach and bladder cancer. It contributes to diabetes. The rush of white cells to fight the caffeine depresses your immune system, making you more likely to get anything that's going around.

In animal tests those who were given coffee drank two to four times more alcohol. Yep, that morning cup of coffee you use to wake you up can help make you an alcoholic.

One of the most brilliant electronic engineers I've known was addicted to coffee. He got diabetes and it eventually killed him in his 60s.

Coffee reduces bone density for women. It reduces fertility, and it's responsible for a higher rate of miscarriages.

Oh yes, many sodas have caffeine in 'em too.

Are you addicted? It's easy to find out. Just stop drinking coffee or caffeinated drinks like Coke—if you can. Good luck!

Quicksilver

Mercury is one of the most toxic substances known. One drop will send you to the emergency room. A thimbleful will kill you. A half gram in a 10-acre lake warrants a fish advisory. In 1994, Minnesota banned running shoes with lights in their heels because the shoes contained a half gram of mercury.

The average amalgam "silver" filling contains a half gram of mercury. What's dangerous for a small lake is safe in your mouth?

Dentists are placing over 100 million amalgam fillings a year. The American Dental Association says they're safe, despite overwhelming medical evidence to the contrary. Like the tobacco and asbestos industries, they've been denying the dangers. And dentists who have had the courage to prove conclusively that amalgam fillings are causing serious illnesses have had their licenses taken away to shut them up.

The average person with amalgam fillings is breathing up to 29 micrograms of mercury a day. Chewing food, gum, grinding your teeth, and high acid foods can up that to 100 micrograms a day! In 1994 the U.S. Public Health Service said that anything over 0.28 micrograms of mercury vapor per day constituted a health risk from the vapor.

As I've mentioned before, 98% of the people with multiple sclerosis have tested high on mercury. It's been shown to contribute to chronic fatigue syndrome and

Alzheimer's disease. Talk about dis-ease!

Amalgam fillings are being prohibited in a growing number of more enlightened countries in Europe and Scandinavia.

I met dentist Hal Huggins several years ago at a Tesla Society conference and watched his amazing video. He showed patients arriving crippled up in wheel chairs to have their amalgam fillings removed, and then a few weeks later walking around in good health. The ADA pulled his license.

I've reviewed the Huggins' book, *It's All In Your Head* for you in this book. In Dr. Lydia Bronte's *The Mercury In You Mouth* she wondered why she was so sick and discovered that if the mercury in her 17 fillings had been put on her living room floor the EPA could have quarantined her apartment.

More Fluorides

In a paper sent to me by Roger Masters of Dartmouth College I found the results of an extensive study of what happens to people who drink water which has been fluoridated.

Fluorine, as you probably know, is one of the most active elements known, so it should be no surprise that when it is added to our water supply that it attacks the pipes and the pipe lead solder joints. The amount of lead this adds to the water supply is significant enough so the study showed a children's IQ difference of five points between fluoridated water and non-fluoridated.

Pumphead

That's the term used by doctors for the after effects of being hooked up to a pump oxygenator or heart-lung machine for open heart or by-pass surgery. It's a state of dimwittedness that the 900,000 annual by-pass operations have been causing. At first the memory losses, personality changes, and inability to think improve, but then the condition often worsens and persists for years. *Scientific American* had an article on it in their July 2003 issue.

Such a post-operative prospect might, if the word gets around, almost be enough to encourage people to change their lifestyles so they won't need any operations. I know it had me cutting down on my already restricted input of cooked food and adding a little extra cayenne to my daily heaping teaspoon.

Organic Dairy Farming

As the public becomes more and more aware of the Wellness Revolution, the demand for milk from certified organic farms is going to increase...a bonanza for small farmers.

To be certified organic, a dairy farmer can't treat his cows with hormones or antibiotics and they must be fed grain and hay grown without pesticides, herbicides or chemical fertilizers. These are rules that a small farmer can easily deal with, but are almost impossible for the large, factory-style producers. This gives

the small family farmer a huge advantage over the large milk producers.

The farm price for organic milk is about 57¢ a gallon, double that of conventional milk. In addition to the growing number of supermarkets selling organic milk there are commercial users like New Hampshire's Stonyfield Farm, the maker of organic yogurt. That's what I use when I'm making my cole-slaw sauce for use on salads and raw vegetables.

As more of the public become aware of how dangerous pasteurized milk is for them and their families (read Robert Cohen's *Milk, The Deadly Poison*) they're going to be looking for raw milk sources. State laws, enacted generations ago to protect us from undulant fevers, have little relevance today, now that we know the sickness is the result of a mineral shortage.

One way around the law is for a farmer to sell shares in his cows, thereby making the share owners "farmers." A farmer is entitled to slaughter a chicken or milk a cow. Like people, cows don't get sick when they get the food and minerals their bodies require. Unlike people, cows given access to the minerals they need will seek them out.

By remineralizing our farm lands we'll provide what cows (and goats, horses, etc.) need. Foot-and-Mouth disease is from a zinc and copper shortage. Mad Cow disease is from a copper deficiency and a spraying with organophosphates.

We'll need labs to analyze farm land for its mineral content and advise on what minerals need to be added. For the most part, rock dust and kelp will revitalize even the deadest of old played-out lands.

To get the latest information on organic farming read *Acres USA*, \$27/year (US), Box 91299, Austin, TX 78709, 800-355-5313. They have a fabulous book department, too.

The shift of millions of workers from businesses that are making us sick and cutting our potential lives in half to ones that will keep us healthy will bring about work force changes unlike any we've seen since the industrial revolution a hundred years ago brought millions from the farms to manufacturing and selling. And it'll be the early adopters who will have the best chances at the big bucks.

Dis-stress

Stress is a killer. It's a slow killer, so we tend to ignore it until we suddenly keel over. The first symptom of a heart attack for 60% of the people is death. Which is why, in my *Secret Guide to Health*, I recommend taking at least a half hour a day off to sit back and listen to classical music.

Another great way to relax is to meditate, and this is really catching on. *Time* recently (Aug. 4th) ran a nine-page article on meditation. There are a bunch of books explaining how to do it...the one I like is *The Calm Technique* by Paul Wilson, 125p, Barnes & Noble, 1985, ISBN 0-7607-1524-6.

Another stress antidote is dancing. It's also romantic and easy to learn. Send for a free catalog of my wife's how-to-dance videos...Butterfly Video, Box 184, Antrim NH 03440. That came to mind when I read about the street dance parties all around Paris, Madrid, Dublin and Prague during the summer...some groups

doing the tango, others the meringue or salsa. The Europeans know how to vacation and relax. Let's encourage DJs with amps to get block parties going in our cities and tango.

Between the stress at work, commuting, or watching ball games, we don't need beer or booze to relax, just some good music, meditation, and dancing. I'm listening to Waldteufel waltzes as I'm writing this. My favorite is Pomone...I never tire of it. Genius! It's on Nimbus NI-5264. The whole CD is fabulous. Another track is Waldteufel's arrangement of España by Chabrier. While I was going to the Navy's radar school in San Francisco during WWII I spent my weekend USO visits playing this piece in their music listening room. Good grief, that was 60 years ago, and I still never tire of listening to it.

Shooting Blanks

Our kids, by drinking and smoking early, plus inputting a bunch of other poisons such as fluoride, chlorine, preservatives in our food to prevent spoilage, pesticides on our crops, and so on, have been dropping the sperm count to where 85% of the donations are no longer good enough for sperm banks. And this has to be reflected in an increase in defective babies, since these poisons can also alter the DNA. No wonder people from the future are coming back in time machines to rebuild the messed up DNA we've willed them.

Use It

Our mind, like any other part of our body, tends to wither away if we don't use it. Use it or lose it. Watching ball games does not count as mind use, no matter the size of the ball. Nor does watching TV or going to the movies. I read a lot...no, not novels...and I do a couple cross-word puzzles a day, plus a cryptogram. I read with my hi-lighter handy.

You Can Help!

Now you understand the secret of health. I wasn't exaggerating about it being a secret. You also understand why it is so difficult to break the secrecy and get this information to the public. The media (newspapers, magazines, radio and TV stations) have billions to lose in the way of drug and food company ads and almost nothing to gain by letting the public know how they've been fleeced. So, unless you help by passing the information to your family and friends, the secret to good health will remain a secret.

If you have employees, giving them a copy of this book could substantially cut your business' health costs...a saving that will go right to the bottom line.

If you know any employers, please let them know how they can cut their health insurance costs. If only one employee in ten changes their lifestyle, this would more than pay for giving everyone a copy of this book. But then, you know that once a few employees start changing their lives, they're going to be pushing everyone else to change too. It's the same reaction with reformed alcoholics, smokers, and fatties.

It's going to take an army to beat the system, but we're going to do it by blindsiding 'em so they'll never know what happened until it's too late.

Having read this book you know how to prevent or cure any illness, and with no drugs. Since everyone you know has a health problem of some kind, you can add real meaning to your life by helping as many people as you can to learn how to be healthy. Yes, you can help change the world.

About the only media outlet I've found to help me reach people has been talk radio...in particular the Coast To Coast AM show with Art Bell and George Noory, which is broadcast over 500 stations and reaches a few hundred thousand senior insomniacs and all night truck drivers. I could use your help in getting on the show more often. Just email artbell@mindspring.com, coastproducer@aol.com, george@coasttocoastam.com or call the Premier Network home office at 818-377-5300.

If there are any talk shows you know about, please let them know about me. I have a talk show promotion booklet that will help if you can tell me who to send it to.

Revolutions

The Wellness Revolution will, I believe, help trigger a farming revolution as the demand for super-organic food grows. I've a booklet that explains twelve ways the quality and the quantity of our farming can be improved. Using some new technologies in a few years we're going to be able to produce ten times as much food per acre as we are doing today. Healthy food. The pioneers in this field will be the new billionaires of the future. It's going to be huge and eventually span the whole globe.

We know how, right now, to grow healthy crops in deserts, giving a new lease on life for the Middle-Eastern countries once oil has been phased out as an energy source.

The next revolution, and it's desperately needed, lies in using new technologies for education. Imagine, the finest education in the world being made available to any-

one interested at a tiny fraction of today's school costs. I'm talking about kids of twelve with better educations than any college graduate today. Kids able to speak a dozen or more languages with no accent and think in them without confusion. Kids able to read books with full comprehension at two or three seconds a page. Kids with an average 150 IQ. I'm also talking about life-long learning. Why stop when it's inexpensive, fun and could help your career?

The good part of this is that we already know how to do those things, it's just that so few people have heard about it. I've been hoping to get New Hampshire Governor Benson interested in this as a way to make the UNH, not only tuition-free, but able to make so much profit that New Hampshire can be the first state with no taxes. On anything.

Pie in the sky? Once you've read the details of my plan you'll see that this is quite doable...and it will eventually change the whole concept of education for the whole world. I'm working on a book that will explain the details.

If that isn't enough, how about an energy revolution? Energy at less than a tenth the cost of using oil, natural gas, coal, hydropower, nuclear power, solar, or wind power. And with no polluting by-products. This is cold fusion power, which will make it so a small generator will be able to heat any building, plus supply all the electricity it needs. No more power grid all across the country. No more power outages. No more electric bills.

I've published the scientific details of how this can be done. It's been the political pressure from the oil interests which have kept cold fusion from becoming a reality. So far. Cold fusion is real. It's opened up a whole new field of solid-state physics and elemental transformation.

My Web Site

Check www.waynegrreen.com to see what I'm up to now. You'll see a catalog of my books and be able to read some of my latest essays. You'll also see a list of the things we're being lied to about...and it's a long list. I don't subscribe easily to conspiracy theories, even though so many of them turn out to be real once I've investigated.

Can the CIA really be the major importer of illegal drugs, with the "War on Drugs" a way to cut down the competition?

Did the Air Force really salvage a UFO at Roswell in 1947? Did Colonel Corso use some of the salvaged parts to help industry develop transistors, integrated circuits, night vision, and other technology breakthroughs as claimed in his book?

Does a secret group of men control the Fed, the pharmaceutical industry, the TV networks, and the major newspapers, as claimed by David Icke and other investigative journalists?

Well, you get the picture. We could use a few revolutions right now...like wellness, education and energy. And, yes, I know how to get 'em rolling, but I won't get very far without your help.

For a free catalog of my books and stuff, send a SASE to Wayne Green, Box 360, Hancock NH 03449.

SMOKING!

Nicotine produces temporary stimulation at first, but fatigue, depression, nervousness, diminished reflexes, impaired reasoning capacity, loss of memory and impotence follow in a few years. It is also one of the most addictive substances ever discovered.

If you watch the old movies you'll see all of the stars smoking cigarettes. In today's movies, when someone lights up you know right away that this is a bad guy. Remember *Waterworld*, with the bad guys being the "Smokers?" And the very worst villain on the *X-Files* is the Smoking Man.

The EPA estimates that secondhand smoke causes 3000 cases of lung cancer a year in the US, 62,000 heart disease deaths, 2,700 sudden infant deaths, plus asthma, bronchitis in children, low birthweight babies, cervical cancer and spontaneous abortions.

The next time you see a kid smoking you might try passing along the news that a recent study found

MILK

The Deadly Poison!

Milk a poison? If you believe those milk mustache ads saying milk is good for you, you sure haven't read Robert Cohen's, *Milk, The Deadly Poison*, or a bunch of other exposés. Cohen shows how the world incidence of breast cancer so closely follows milk consumption. And milk is contributing to childhood diabetes, heart disease, arthritis, kidney stones, depression and allergies.

When the first settlers landed here, bringing their cows, they produced about a quart and a half of milk a day. Today, thanks to growth hormones and antibiotics, the average is 24 quarts a day, with some cows producing over 50 quarts! The huge doses of the hormones and antibiotics we get when we drink milk and eat beef are taking a serious toll on our health.

Okay, if you pay a extra you can buy milk from cows which have not been fed growth hormones and antibiotics. Organic milk. But that, alas, is not the solution. Raw milk is the better of a bad bargain,

You can...

Be An Angel!

One of an Angel's duties is to help keep people from harm, right? Like? How about mentally putting on your halo as you pass one of my little smoking notes to someone you see smoking, saying, "You may find this interesting." An Angel is a do-good buttinski. It can't do any harm and you just might change a few people's lives. And that goes particularly for kids.

Cellphone users are obviously unaware of the serious damage they're doing to their brains. Slip them one of my nonconfrontational cellphone warning notes.

Fatties know they have a big problem, they just don't know what to do about it. And they sure don't want any advice from a stranger. So slip these lardos one of my overweight notes. If it only helps one out of a hundred to beat their carb addiction your heavenly karma account will be credited. You may not recognize them next year when they are passing out my overweight notes to try and help other carb addicts.

One Sunday when I was 14, my friend Alfie and I were in Sunday School when an Angel appeared. Oh, he was disguised as an ordinary man, but the present he brought totally changed my life. It was a carton of old radio parts which he offered to Alfie. Alfie, after a quick disinterested poke at the stuff, asked if I wanted it. You bet! And that's what got me started building radios and electronic equipment.

My little notes are a way for you to get in your two-cents without getting

into an argument or making people defensive. They're little pamphlets you can casually slip people.

My diet cola, burger, coffee, smoking, cellphone, milk and overweight one-pager (folded) pamphlets are 50 for a buck—your two-cents worth of advice to share. I also have aspartame (NutraSweet, the blue stuff) 16-pagers that go into much more detail than the Diet Cola pamphlets. They're ten for a dollar (10¢ each) to give to your friends who are drinking diet soda.

When you go out be sure to take along an assortment of my pamphlets to hand out as part of your karma-building angelic duty.

With NutraSweet, people will learn that sugar is less fattening. Yes, sugar is an addictive poison, but it's not nearly as dangerous as aspartame. The cellphone solution is simple...they just need to use a mike and earphone combo so the cellphone can be held more than a foot from their head.

And wait'll you read *Milk, The Deadly Poison!*

A raw food diet will soon slim down the overweight and the obese.

There's no easy solution to smoking. Nicotine is one of the most addictive drugs there is — and deadly.

The pamphlets all urge the readers to invest in a copy of this book. I figure that one pamphlet might not do much good, but if a person busy poisoning themselves in public gets two or three from volunteer Angels, the message might start to perk through.

If there are any pamphlets I didn't think of, please let me know. We want to let people know that wellness is an option and that smoking, fat, milk, diet colas, burgers, coffee and cellphones are not wellness activities.



DEADLY



DIET COLA!

Drinking diet cola drinks will make you fat and can cause very serious health problems.

Diet colas make you fat? When doctors get patients off diet cola their average weight loss is 19 pounds! Aspartame makes you crave carbs, and it's carbs that make you fat, not eating fat. When its temperature exceeds 86°F, the wood alcohol in it converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. (Formic acid is the poison found in the sting of fire ants). The methanol toxicity mimics multiple sclerosis; thus people were being diagnosed with this disease in error. Multiple sclerosis is not a death sentence, where nethanol toxicity is.

If you are using Aspartame (NutraSweet, Equal, Spoonful, etc.) and you suffer from fibromyalgia symptoms, spasms, shooting pains numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss—you probably have Aspartame disease! People are going blind.



THOSE DEADLY BURGERS



If you had even a hint of what you are eating when you get a hamburger, you'd never order one again. The worst killer in been is *E Coli* O157:H7. For simplicity, let's call it *E Coli-X*, where X stands for death. Our beef these days comes from cows injected with bovine growth hormone (BGH) to make them mature earlier. This makes them sick, so they have to be given antibiotics. We get both of these when we eat the meat.

Since BGH and Human Growth Hormone (HGH) are almost identical, it's no big surprise that our children are going into puberty at ages as low as three years.

The cows are fattened in feed lots instead of being allowed to graze on grass. Then on to slaughterhouses and meat packers.

A USDA study showed 78.6% of the ground beef tested had fecal matter in it. That's right, there is cow shit in your meat.

COFFEE

Any time you think caffeine isn't an addictive poison, just try to stop it cold turkey and see what happens. And, yes, it's a poison...fortunately a slow one...though one drop of caffeine injected into your body will kill you.

If you're addicted, look for *Kicking The Coffee Habit*. I'd advise kicking the addiction right now, instead of waiting until you're in the hospital ER. One system is to do a ten-day taper off, with one cup in the morning and then a few sips of soda pop in the afternoon if the headaches get to be too much. Mountain Dew is loaded with caffeine, as is Coke.

If you can stop putting poisons into your body for a few weeks you'll be amazed at your body's ability to repair the years of damage you've done. Wait'll you see what it feels like to get up in the morning, rarin' to go, with a great outlook on life and plenty of steam. No depression. No tiredness, and a head bursting with good ideas.

Or you can drink coffee all day long, get diabetes, and die young. Your choice.



CELL PHONES



Why haven't we been warned that cellphones are causing memory loss (short and long term), premature aging, brain tumors and contributing to Alzheimer's, Parkinson's and multiple sclerosis? That they're causing headaches, dizziness, fatigue, confusion and DNA damage (which you pass along to your children, and then theirs). Dr. Ross Adey stated that, "Children categorically should not be encouraged or allowed to use cell phones." Ross is the world's leading researcher in this field. Oh yes, another minor problem, it reduces one's sex drive. The more radiation, the less testosterone released by the body's glands and the lower the sex drive. What a eunuch situation!

A recent report by Nick Begich and James Roderick cites 91 reliable references and the conclusion of scientific research reported from European, Australian and U.S. scientists. They all

Overweight?

This is a message of love, not a put-down. There really is a simple no-pill way to lose all that excess weight, and without dieting! Honest. I've helped thousands do it. There's no calorie counting and you can eat all you want. What's the secret? Changing to an all raw food diet, and drinking water. Lots of water. And stop poisoning your body.

The details and background are in my 160p Secret Guide to Health.

Having spent most of my life fat, I know that none of the popular diets work. At least not for long.

Our bodies, over thousands of generations, adapted to our eating raw food. Cooked food is making us sick (and fat). Even worse is fast food, which is high in fat and almost zero in nutrition, thus making us want to keep eating. And eating.

Postscript

Enzymes

If you are interested in a scientific (and common sense) explanation for what's going on when we eat raw food, and what goes wrong when we cook it, let's look into the enzyme world.

Just as our bodies adapted to our ancestors eating raw fruits, plants, and animals, our bodies have come to depend on the minerals, fats, vitamins, and enzymes which we used to get from those foods. Any shortage of these key elements on the input side is made up by tapping into supplies stored in the body. Well, hopefully stored. Once the storage supply is exhausted, sickness follows.

When we heat food over 118°F, whether by steaming, boiling, broiling, frying, baking, or microwaving, the vitamins and enzymes our bodies depend on are pffft.

Enzymes, being the only substances that can digest food, exist in raw food in order to break down that food so it can be assimilated. This breakthrough was discovered by Dr. Edward Howell in the early 1940s. He discovered that chronic degenerative diseases are purely a matter of enzyme deficiency. He reported on his work in his book, *Food Enzymes for Health and Longevity*.

He noted that all mammals have pre-digestive stomachs. In humans it's the uppermost portion of the stomach. This is why it's important *not* to dilute your saliva and digestive enzymes with water, coffee, tea, sodas or wine when you're eating. You want your body to get the enzymes from the food, not have it pass on through as waste. This shortage of enzymes puts a serious strain on the immune system...your basic repair department.

Eventually your organs are going to start failing and you'll be lining up for a replacement part...which you will then commense destroying.

Early in the 20th century, when zoos were started, their animals were dying. They were being fed cooked food and getting all kinds of diseases. When they were fed raw food the sickness and death rate quickly dropped.

Allergies

These are a sure indication of a compromised immune system. When I recommend people change to a raw food diet I hear whining that they are allergic to raw food. Piffle. So, for starters skip the allergic foods until you've rebuilt your immune system so it can handle them.

If you have allergies, fibromyalgia, diarrhea or attention deficit disorder your enzyme system is in trouble. And the same goes for constipation, anxiety, panic attacks, arthritis, eczema, psoriasis, and weight gain.

People often crave foods which can supply their missing enzymes, but then they cook it, destroying the enzymes, so they keep wanting to eat more...and get fat.

Index

- 60 Minutes*, 36, 50, 85, 135, 183
Acres USA, 125, 136, 163, 186, 190, 222
 Acrylamide, 196, 208
 Acutrim, 202
 Adams, Scott (*The Dilbert Future*), 45, 115
 Adderall, 62, 148
 Adey, Dr. Ross, 66, 207
 Adventures In Music CDs, 112
 Advertising Club of New York, 156
 Afghanistan, 128
 Aggression, 143
 AIDS, 29, 38, 116, 182, 190
 Alcatraz, 106
 Alcohol, 147
 Alexandersson, Olof (*Living Water*), 61
 Alka-Seltzer, 202
 Allergies, 70, 101, 201
 Aluminum foil, 193
 Aluminum, 73, 89, 141, 199, 216
 Alzheimer's, 8, 31, 70, 73, 89, 98, 143, 180, 187, 198, 201, 215, 216, 220
 Amateur radio, 17, 110, 119
 American Dental Association (ADA), 72, 73, 220
American Journal of Orthodontics, 139
 American Medical Association (AMA), 15, 51, 116, 138, 186, 191, 198
 Ames, Dr. Bruce, 198
 Anthrax vaccine, 83
 Apple pie, 18
 Appleton, Nancy (*Lick The Sugar Habit*), 62, 87, 148, 177, 196, 203
Archives of Internal Medicine, 204
 Arlin, Dini, Wolfe (*Nature's First Law: The Raw Food Diet*), 20, 58, 126, 167
 Arthritis, 55, 101, 122, 124, 129
 Asbestos, 69, 220
 Aspartame (*NutraSweet*), 32, 61, 63, 101, 129, 218
 Aspirin, 121, 189
 Asthma, 87
 Attention Deficit Hyperactivity Disorder (ADHD), 62, 142, 194, 199
 Autism, 83
 Avery, Phyllis (*Raw Fruit & Vegetable Recipes*), 153
 AZT, 34, 35
 Backster, Cleve, 42
 Balling, Robert (*The Satanic Gases*), 53
 Banik, Dr. Allen (*Choice is Clear*), 80, 170, 213
 Barnes & Noble, 139, 159
 Batmanghelidj (*Your Body's Many Cries for Water*), 100, 169, 185, 212
 Béchamp, 200
 Beck, Dr. Bob, 117, 183
 Becker, Robert (*Cross Currents*)(*The Body Electric*), 51, 66, 133, 172
 Beer, 64
 Begich, Nick, 70
 Bell, Art, 19, 43, 72, 83, 108, 109, 134, 147, 209, 217
 Bell, Robert (*Impure Science*), 105
 Bieler, Dr. Henry (*Food Is Your Best Medicine*), 88, 129, 138, 166, 184, 201
 Bieler, Dr. Henry (*The Incurables*), 20, 58, 138, Biocalex, 74
 Bioelectrifier, 117, 182, 190
 Bird, Christopher (*Secrets of the Soil*)(*The Secret Life of Plants*), 42, 57, 99, 110, 130
 Birth defects, 69, 146, 187, 201, 217
 Black flies, 91
 Blood clot, 194
 Blood Purifier Handbook, 118, 147, 183
 Blue collar jobs, 131
 Blue skin, 196
 Bob Livingston Letter, 192
 Boiled Frog Syndrome, 7
 Bomb making, 148
 Bonemeal feed, 135
 Boone, Allen (*Kinship of All Life*), 42, 91
Bottom Line, 198
 Bouncer exercise, 145
 Bovine Growth Hormone (rBST), 88, 147
 Bovine Spongiform Encephalopathy (BSE), 135
 Bowel movements, 41, 146
 Brain damage, 82, 192, 219
 Brain tumors, 31, 219
 Bras, 217
 Brazil nute, 98
 Bread, 214
 Breast feeding, 141
 Brecher, Harold & Arline (*Forty Something Forever*), 59, 116
 Bribing Congress, 69
British Journal of Neurology, 219
 British Medical Journal, 64
 Brodeur, Paul (*Currents of Death*), 52, 65
 Bronte, Dr. Lydia (*The Mercury In Your Mouth*), 51, 180, 221
 BSE, 135
Business Week, 34, 94, 201
 Butterfly Video, 222
 By-pass danger, 192, 221
 Caffeine, 61, 65, 101, 147, 196, 198, 220

Calcium oxide, 74
 California Legislature, 79
 Camels, 8, 56
 Cancer industry, 29
 Cancer, 14, 20, 29, 30, 122, 130, 152, 185, 186, 190, 201, 214
 Canola oil, 141, 189
 Carter, Dr. James (*Racketeering In Medicine*), 23, 59, 165
 Cayenne, 41, 95, 192
CD Review, 110, 153, 155
 Cell phones, 70, 207
 Center For Biofilm Engineering, 29
 Center for Disease Control (CDC), 204, 207
 Center for Science in the Public Interest, 196
 Central Intelligence Agency (CIA), 83, 208
 Cereal Institute, 141
 Cheerios, 208
 Chelation, 96, 116, 142
 Chem-trails, 83
 Chemotherapy, 24, 31, 120, 152
 Chess, 215
 Chew your food, 120
 Childhood diabetes, 129
 Children's IQ, 33, 64, 69, 75, 77, 86, 114, 129, 141, 143, 147, 192, 198, 217, 218, 221
 Chinese fluoride study, 76
 Chlorine, 79, 210
 Cholesterol, 137, 141
 Chronic fatigue syndrome, 205
 Cigarettes, 13, 56, 68, 213, 219
 Clark, Hulda - Zapper, 119
 Classical music, 10, 109, 146
 Coach class syndrome, 194
 Coca, Dr. Arthur (*The Pulse Test*), 71, 126, 175
 Coconut oil, 141
 Coffee, 61, 65, 198, 220
 Cohen, Robert (*Milk, The Deadly Poison*), 87, 129, 173, 194, 203, 208, 222
 Coke, 75, 93, 149, 187
 Cold fusion, 69
 Coleslaw dressing recipe, 92
 College, 132
 Colon cancer, 145
 Columbine killings, 126, 148
 Comby, Dr. Bruno (*Maximize Immunity*), 19, 55, 58, 92, 99, 139, 167, 184, 201, 206
 Condoms, 35
 Congress, 14, 69, 195, 202
 Congressman Rowland, 28
 Constipation, 145
 Contac, 202
 Cooked food, 213
 Coué, Émile (1857-1926), 43, 130, 146
 Cough medicines, 149
 Coulter, Harris (*Vaccination*), 74, 85, 86, 171, 215
 Cousins, Norman, 31, 113, 217
 Cramps, 181, 189
 Crapper, Thomas, 99
 Crayhorn, Robert (*Paleolithic Diet*), 216
 Creutzfeld-Jakob Disease, 135
 Croc, Ray, 156
 Cronkite, Walter, 97
 Cross-word puzzles, 215, 223
 Cryptograms, 223
 Curta calculators, 96
 Dancing, 222
 Dannen, Fredric (*Hit Men*), 17, 112
 Day, Dr. Loraine (*Cancer Doesn't Scare Me Any More*), 7, 19, 57, 101, 108, 139, 184, 201, 213, 214, 219
 DDT, 210
 DEA, 208
 Death certificate fraud, 135
 Deep vein thrombosis (DVT), 194
 DEET, 102
 Dehydration, 198
 Dental amalgam, 72, 74, 220
 Deodorant soap, 91
 Deodorants, 89, 199
 Department of Defense, 128
 Depression, 101, 129, 143, 148, 192, 198
 DHA (docosahexaenoic acid), 142
 Diabetes, 101, 129, 220
 Diet books, 40
 Diet Coke, 54, 75, 151, 187
 Dilbert (Scott Adams), 32, 45, 113, 217
 Dioxin, 127
Discover, 199
 Distilled water, 77, 213
 Distiller, 77, 184, 210
 DMSO, 89
 DNA mutation, 196, 218, 223
 Doctor errors, 135
 Dogs and cats, 55, 134, 206
 Douglass, Dr. William (*Hydrogen Peroxide, Medical Miracle*), 52, 80, 173
 Douglass, Dr. William (*Into The Light*), 51, 106
 Douglass, Dr. William, 37, 38, 92, 121, 171, 175, 217
 Dow, Marion (*CardiSense*), 58
 Dowbenko, Uri (*Bushwacked*), 209
 Dowsing, 67, 115
 Drug maker immunity, 202
 Drug promotions, 197
 Drug smuggling, 209
 Drug testing, 214
 Drugging toddlers, 129
 Duesberg, Peter (*Inventing The AIDS Virus*), 34
 Duffy, William, (*Sugar Blues*), 148
 Dupont, 181
 Dyslexia, 84, 86

E Coli, 19, 197
 Earp-Thomas, George, 186
 Economic Development Commission, 158
 Edison, Thomas Alva, 47, 104
 Effexor, 62, 148, 199
 Eggs, 141
 Eli Lilly, 202
 EMFs, 65, 68, 124
 Emphysema, 8, 14, 180
 Enzyme function, 187
 EPA, 34, 63, 68, 196, 208
 Epileptic fits, 48
 Eskimos, 88, 140, 214
 Estrogen, 210
European Journal of Cancer Prevention, 207
 Exercise, 101, 188
 Extra virgin olive oil, 141
 Farber, Dr. Paul (*The Silver Micro-Bullet*), 36, 176
 Fast food, 119
 Fast walking, 101, 145, 160
 Fat, 40, 205, 216
 Fatigue, 101, 188, 197, 200, 204
 FDA, 15, 50, 69, 87, 88, 118, 129, 136, 142, 183, 185, 186, 190, 195, 214, 218
 Fecal matter, 41
 Federal Trade Commission (FTC), 191
 Fisher, Dr. Jeffrey (*The Plague Marers*), 37, 176
 Flanagan, Patrick, 107
 Flu shots, 73
 Fluoride, 33, 75, 76, 78, 142, 187, 188, 210, 221
 Flying Jungle Doctors, 190
 Foot-and-Mouth disease, 222
Forbes, 197
 Formby, Bent (*Lights Out*), 46, 178
 Formula, 141
Fortune, 204
 Frankenfoods, 195
 French fries, 195
 Freon, 181
 Fries, American average, 36
 Fritos Corn Chips, 208
 Fudenberg, Dr. Hugh, 73
 Gaia, 210
 Gangreen, 123
 Garrett, Eileen (*The Coming Plague*), 37, 204
 Genetic Engineering, 195
 Genetski, Robert (*A Nation of Millionaires*), 25
 Gilbert and Sullivan, 109
 Global Science Congress, 118, 123
 Gratitude, 113
 GREEN-PRINT for NH 2020, 159
 Greener Pastures records, 111
 Gregg, Judd, 158
 Grisham, John (*The King of Torts*), 91
 Groucho crouch, 102
 Growth problems, 189
 Guggenheim Museum, 138
 Gulf War syndrome, 83
 Haägen Dasz ice cream, 32, 40
 Hair changed to natural color, 147
 Haiti, 128
 Haley, Dan (*Politics In Healing*), 190
 Hallelujah diet, 160
 Hamaker, John (*The Survival of Civilization*), 21, 97, 176
 Hanhart watches, 96
Harvard Health Letter, 212
 Hayes, Arthur (FDA Commissioner), 219
 Headaches, 107, 121,
 Health Department, 68
Health Freedom News, 133
 Hearing loss, 64, 86
 Heart attack, 7, 137, 148
 Heart disease, 14, 31, 129, 192
 Heavy Hands, 107
 Heimlich Maneuver, 54
 Helicobacter Pylori and ulcers, 27
 Hemophiliacs, 35
 Hemorrhoids, 130
 Herpes, 116
 High blood pressure, 101, 137
 Hill, Napoleon (*Think and Grow Rich*), 156
 Hipocrates, 99
 Hippocratic Oath, 23
 HIV, 29, 117
 Homogenized milk, 128
 Homosexuals, 38
 Hospital cover-up, 36, 135
 Hospital deaths, 36, 135
 Hospital infections, 198, 205
How to Raise a Brighter Child (Joian Beck), 143
 Huggins, Dr. Hal (*It's All In Your Head*), 51, 72, 172, 180, 221
 Human Growth Hormone (HGH), 130, 213
 Hume, Ethyl (*Béchamp or Pasteur*), 54
 Hydrogenated, 141
 Hyperactivity, 84, 86, 142
 Hypertension, 101, 137
 Hyperventilating, 107, 121
 Ice cream, 18
 Immune System, 30, 55, 137, 193, 201, 217
 Impotence, 64, 181
Independent Music Producer's Journal, 112
 Insomnia, 209
 Instant surgery, 149
 Institute of Medicine, 135
 Ivory soap, 91
 JAMA Report, 20, 36, 129, 211
 James, Walene (*Immunization, The Reality Behind the Myth*), 80, 171, 204
 Jarvis, Professor William, 124
 Jogging, 101

Johns Hopkins, 49
 Joplin, Scott, 110
Journal of Neurology, 216
 Judd, Dr. Gerard (*Good Teeth, Brith to Death*), 51, 72, 137, 173, 180
 Jungle Aviation and Radio Service (JAARS), 49
 Jungle rot, 211
 Kellogg, 120, 203
Kicking The Coffee Habit, 65
 Kidney disorder, 201
 Kidney stones, 129, 218
 Kids TV watching, 205
 King Hussein, 20
 Kirby, Scott, 111
 Klausner, Henrietta (*Write It Down, Make It Happen*), 115
 Koch, Dr. William, 190
 Krispy-Kreme, 99, 184, 204
 Laird, Ron (*The Art of Fast Walking*), 101, 178, 189
Lancet, 142, 195
 Language learning, 114
 Laughing, 113
 Laughing, 217
 Laura, Dr. Ron, 44
 Laws of Nature, 139, 142
 Lead, 142
 Learning disabilities, 84, 189
 Leukemia, 120, 138
 Levine, Barbara (*Your Body Believes Every Word You Say*), 130, 178, 185
 Lieberman, Jacob (*Light, Medicine of the Future*), 51, 104, 172
 Liston, Dr. Robert, 149
 Liver, 128, 189
 Lobbyists, 153
 Lorimer, Don (Mr. Magnets), 125
 Lou Gehrig's disease (ALS), 205
 Low birth weight, 217
 Low fat baloney, 189
 Luvox, 126, 148
 Luxor, 71
 Lyme Disease, 116, 190
 Lymph system, 30
 Lynes, Barry (*The Cancer Cuire That Worked*), 25, 54, 200
 Mad Cow disease, 135, 222
 Mafia, 208
 Magnetic healing, 123
 Magnetizing water, 125
 Malaria, 116, 184, 190
 Malkmus, Rev. George (*You Don't Have to be Sick*), 160, 168
 Mania, 129, 192, 195
 Marshall, Dr. Barry, 27
 Martin, Al (*The Conspirators*), 209
 Mastectomies, 214
 Maurey, Eugene (*The Power of Thought*), 45, 115
 Mayo Clinic, 20, 205, 213
 McDonalds, 136, 138, 184, 192, 205, 208, 213
 Measels-mumps-rubella (MMR), 84, 86, 215
 Meat, 87
 Medication errors, 135
 Meinig, Dr. George (*The Root Canal Coverup*), 73, 173
 Melanoma, 108, 213
 Memory loss, 187, 198, 201
 Menopause, 217
 Mensa, 10, 127
 Mental retardation, 142
 Mercola, Dr. 189
 Mercury, 72, 74, 154, 180, 199, 201, 220
 Michaels, Patrick (*The Satanic Gases*), 53
 Milk, 129
 Miller, Margaret, 136
 Miscarriages, 206, 220
 Monsanto, 136, 195, 219
 Morphic resonance, 188
 Mountain Dew, 65
 Multiple sclerosis, 8, 70, 72, 143, 201, 220
 Murder by depraved indifference, 117
 Music lessons, 113
Music Retailing 112
 Nader, Ralph, 211
 Naessens, Dr. Gaston, 16, 25, 54, 169
 NASA, 69
 National Cancer Institute, 59, 67
 National Cancer Society, 6
 National Council Against Health Fraud, 124
 National Council of La Raza, 85
 National Council on Radiation (NCRP), 68
 National Institute of Health (NIH), 60
 National Medical Association, 85
 National Security Agency (NSA), 133
 Nature's First Food, 95
 Nature's First Law, 95
Nature, 214
 Negative people, 215
 Negative thoughts, 146, 215
 Nerve damage, 196
Neurotoxicity and Teratology, 77
New England Journal of Medicine, 137
 Newman, Christopher, 207
Nexus, 95
 Nicotine, 147
 Nitrogen narcosis, 122
 Noory, George, 161
 NPK fertilizer, 21, 87, 97
 NutraSweet (*Aspartame*), 32, 61, 63, 218
 Obesity, 40, 205, 216
OFF, 90
 Okinawa, 208

Olympics swimming pools, 80, 181
 Onion cure for stings, 189
 Orgone, 118
 Ornish, Dean, 181
 Ott, John (*Health and Light*), 51, 104, 171, 185
 Oxygen booths, 123
 Oxygen, 121
 Ozone generator, 182
 Ozone hole, 181
 Page, Dr. Melvin (*Degeneration & Regeneration*), 21, 124, 165, 184
 Pan American Airlines, 156
 Parkinson's, 31, 70, 205
 Pasteurized milk, 128
 Paxil, 62, 148, 199
 PCBs, 210
 PCP (Angel dust), 148
 Peace Department, 128
 Peanut butter, 144
 PEAR Lab (Princeton University), 43
 Perricone, Dr. (*The Wrinkle Cure*), 193
 Pesticide, 127
 Pharmaceutical companies, 15
 Phosmet, 135
 Pinocchio (*When You Wish Upon a Star*), 45
 Plant Growth Stimulator, 183
 Plastic wrap, 193
 PMS, 217
 Poison Control Center, 91
 Pole shift, 185
 Polio vaccination, 82
 Post Office blood purifier ban, 183
 Pottenger, Dr. Francis, 19, 139, 206
 Prayer really works, 44, 46
 Premature death, 139
Prenatal Classroom (Lehrer and de Carr), 143
 Price, Dr. Weston (*Nutrition and Physical Degeneration*), 22, 167, 184, 193
 Pringles, 208
 Prions, 135
 Prisons, 152
 Prostate cancer survival, 23, 181
 Prozac, 62, 71, 87, 126, 129, 142, 148, 186, 199, 203
 Psychotic reaction, 148
 Puberty, 199
 Public school system, 119
 Pumphead, 221
 Purdy, Mark, 136
 Quackery, 124, 138
 Quinn, Dick (*Left For Dead*), 41, 59, 95, 170, 192
 Radin, Dean (*The Conscious Universe*), 43, 115
 Radio Bookshop, 96
 Rain in Texas and Florida, 44
 Rainman, 84
 Rapp, Dr. Doris (*The Impossible Child*), 71, 87, 126, 175
 Rats and skin cancer, 108, 213
 Rats fed peanut butter, 145
 Raw food, 32, 58, 126, 131
 Raw meat, 140
 Raw milk, 128
 Rawles and Davis (*Magnetism's Effects on Living Systems*), 52, 125, 175
 Ray, Dixie Lee (*Environmental Overkill*), 53
 rBST, 88, 147
 RDA (Recommended Daily Average), 33
Reader's Digest, 160
 Reagan, President Ronald, 73
 Red Cross, 54
 Reich, Dr. Wilhelm, 118, 186
 Remineralize the land, 153, 222
 Retarding spoilage, 21, 146
 Rhine, J.B. (Duke University), 43
 Rife, Royal Raymond, 16, 118, 200
 Riley, Joyce, 83
 Ringling Brothers, 157
 Ritalin, 62, 71, 87, 129, 186, 190, 199
 Robbins, James (*Reclaiming Our Health*), 28, 166
 Robitussin, 202
 Roche, George (*The Fall of the Ivory Tower*), 154
 Rock dust, 127
 Rock music, 110
 Roderick, James, 70
 Root canals, 73, 136
 Ross River Virus, 49
 Salad bars, 138
 Salmonella, 197
 Salt, 141
 Schizophrenia, 143
Scientific American, 221
 Searle Laboratories, 129
 Sechen, Susan, 136
Second Opinion, 39, 217
 Secondhand smoke, 63, 208
 Selenium, 98
 Semmelweis, 29, 197
 Seniors seriously impaired, 39
 Shallow breathing, 122
 Sheldrake, Rupert (*The Presence of the Past*), 181
 Sherry Green, 17
 Shower filters, 77
 Side effects, 199
 Silver canteens, 202
 Silver Colloid Kit, 37, 197
 Silver Colloid, 36, 186, 196, 211
 Singer, Dr. Sidney (*Dressed To Kill*), 217
 Skin cancer, 108
 Skinner, Samuel, 218
 Slade, Neil (*Mental Magic*), 43
 Sleeping, 209
 Small intestine submucosa (SIS), 144
 Smallpox, 81, 191, 204

- Smith & Best, (*Electromagnetic Man*), 66, 172
 Smoking, 13, 56, 213, 218
 Snake bite zapper, 49
 Snake bites, 190
 Snake oil, 124
 Social Security, 25, 38, 128, 132
 Sperm counts, 127, 210, 223
 Spontaneous abortion, 206
 Staphylococcus, 204
 Starlit Night, 157
 Steak tartare, 19, 140
 Stekel, William, 139
 Stomach ulcers, 27
 Stone, Robert (*The Secret Life of Your Cells*), 43, 130, 188
 Stonyfield Farms, 222
 Stress, 109, 137, 160, 193, 222
 Stroke, 137
 Stun gun, 190
 Sugar, 62, 148, 192, 193, 207
 Sugarman, Ellen (*Electricity Hazardous to Your Health*), 52, 172
 Suicide, 189
 Sun bathing, 106, 108
 Sun glasses, 104
 Sunscreen, 92
 Super organic crops, 151, 221
 Supkow, Donald (*Rock Dust & the Environment*), 22, 61, 177
 Supplements, 94
 Blue-green algae, 95
 Syphilis, 116
 Tax Equity and Fiscal responsibility Act of 1986, 158
 Taylor, Eldon (*Wellness: Just a State of Mind*), 114
 Tesla, Nicola, 47
 Tetanus vaccine, 82
The New Yorker, 27, 49, 66, 127
 Thomas, John (*Young Again*), 57, 174
Time, 160, 187, 192, 204, 215, 222
 Tobacco executives, 16, 70
 Tobacco, adding sugar, 35
 Tofu, 208
 Tooth decay, 60, 187
 Toprol, 187
 Tortilla chips, 208
 Trump, Donald (*The Art of the Comeback*), 155
 U.S. Department of Agriculture (USDA), 98
 U.S. Health Service, 9
 U.S. Postal Service, 117
 U.S. Public Health Service, 21, 78
 Ulcers, 27, 189
 Unreported vaccine reactions, 87
USA Today, 194
 Vaccinations, 73, 81, 86, 199
 Valium, 71, 199
 Vinclozolin, 127
 Violent kids, 148
 Vision problems, 86
 Vitamins, 216
 Walker, Martin (*Dirty Medicine*), 26, 165
 Walker, Morton (*The Chelation Answer*), 116, 174
Wall Street Journal, 194
 Wallach, Dr. Eli (*Rare Earths—Forbidden Cures*), 100
 Wallach, Dr. Eli, (*Dead Doctors Don't Lie*), 9, 97, 167
 War Department, 128
 Water, 57, 145, 185, 210, 212, 219
 Welch, Richard (*Brain Management*), 45
 Wendy's, 136, 208
 West Nile virus, 207
What Doctors Don't Tell You, 24, 165
 White collar jobs, 131
 Wigmore, Ann, (*The Sprouting Book*), 63, 174
 Wiley, T.S., (*Lights Out*), 46
 Wilson, Paul (*The Calm Technique*), 222
 Women smokers, 217
 World Health Organization (WHO), 38
 WWII, 110
 www.steamdistiller.com, 77, 185, 210
 Wyeth Laboratories, 192
 Yaimouyannis, Dr. John (*Fluoride, The Aging Factor*), 34, 75, 79, 170
 Ziff, Sam (*Silver Dental Fillings, The Toxic Time Bomb*), 180
 Zolof, 62, 71, 87, 148, 186, 199

The Last Word

I consider the medical-pharmaceutical industry the biggest fraud in the world. And that's saying something, considering how deep we're buried in frauds. Fortunately, around 99% of the people are kept so entertained with sports, politics, terrorism, wars, trash TV, and the weather that all the other stuff is off their radar screens. No, make that 99.9999%.

It's simple. If you put poisons into your body you're going to get sick. If you stop putting poisons into your body you'll get well. You don't need drugs or surgery or any of those miracle alternatives — If you need is the determination to change your diet and the perseverance to stick to it.

Oh, and stay away from medicine men.

Solutions

Now that you understand how simple it is to cure virtually any illness with no drugs or surgery, your biggest problem is going to be getting friends or relatives to listen. Most people are so thoroughly brainwashed by doctors that they will refuse to even listen.

Hitler's propaganda minister explained that if you repeated a lie often enough people will believe it.

If you are able to come up with some way to get around this mental block, let me know so I can pass it along on my web site. Let's see what you can come up with.

Other Revolutions

For me, helping the Wellness Revolution come about is by far the most important contribution I can make to the world. It's what my whole life has been leading up to. But, all I can do is start things changing. From there on it's up to you to grab the ball and keep it moving.

But there are two more revolutions that are needed...one in education and the other in energy. And, yes, I know how to get these started. You can read more about my sneaky plans in my other books.

Kids able to read a book in a few minutes with complete comprehension? Kids with an average 150 IQ? Kids able to speak a dozen languages with no accent and think in any of them with no confusion? We already know how to do these things, it's just that the word hasn't gotten around yet.

Imagine kids of twelve with far better educations than today's college graduates. Kids with both book-larnin' and a wealth of practical business experience! Kids who've already visited a dozen or so countries. I'm not talking about geniuses...just tomorrow's average kids.

How about energy at a tenth to cost of oil or coal, and with no polluting by-products? Yes, we've proven this new technology...we just have to get Congress, which has been under oil industry pressure, to stop preventing the Patent Office from issuing the patents. Think what this will do the the Middle East situation!

My Catalog

If you don't already have a catalog of my books let me know and I'll send you one. Or ask for one via info@waynegrreen.com. It's also on my web site: www.waynegrreen.com.

.....Wayne

Wayne Green
Box 360 • Hancock NH 03449

Write, fax, call, visit your.....

**Governor
Senators
Congressmen!**

All this fuss over drug prices, drugs for seniors, for Medicare, and so on...are all totally unnecessary. Just get the public, including seniors, to stop putting poisons into their bodies and they won't feel any need for drugs.

Alert them to the huge prescription drug scam.

One person won't make a big dent in overcoming the medical industry brainwashing of the public...with their partners the well-bribed media...via billions in advertising.

We don't need new drugs, we need to get people to stop thinking they need them...and getting them to live a healthy lifestyle is the first step.

Let the professional politicians you keep re-electing know that any illness can be cured by a lifestyle change. If they are not being thoroughly bribed by the medical industry you may actually get their attention.

Write them. Fax them. Email them. Call them. Visit them. Keep the pressure on. If they show any signs of interest let me know and for \$10 (half price) I'll send them a copy of my health guide with your compliments.

This is not a minor battle. We're up against not only the \$1.5 trillion so-called health-care industry, but once they become aware of what's ahead, the huge farm conglomerates, the meat packing giants, the sugar industry, coffee, alcohol, cigarettes, and packaged food.

Let me know if you find any even partially open politician minds.

.....Wayne

It is impermissible to put notes here.